



spiritual infant

DISCIPLE ME

THE ONE ABOUT PRAYER PART 2: Praying IN Confidence

ICEBREAKER: PRAYER MAP

Let's start with something a little different to begin our conversation. If your current prayer life were a place on a map, what would it be? Would it look like...

- a **desert**, where things feel dry or distant?
- a **storm**, where everything feels chaotic and loud?
- a **quiet cabin**, peaceful but maybe isolated?
- a **crowded city**, full of distractions and noise?
- or **something else** entirely?

Take a second to picture it, then share with the group what that place looks like and why it describes where you are with God right now. There are no wrong answers - this is just a way to name where you're starting from before we look at what Jesus says about prayer.

DISCUSS:

Before we look at what Jesus says about prayer, let's talk honestly about where some of those feelings come from. A lot of us carry *baggage* when it comes to prayer - ideas we picked up from childhood, church experiences, or even our own insecurities. Let's unpack that a little together.

- When you hear the word *prayer*, what comes to mind?"
- When you were younger, what did you see or believe about prayer?
- What kind of pressure, if any, do you feel when you pray - from yourself, from others, or even from what you think God expects?
- When do you tend to pray the most - when life is good, or when things are falling apart?
- If you're being honest, what frustrates you or confuses you about prayer?

A lot of people don't pray unless they *have to*. A crisis hits. A job falls through. A relationship breaks down. That's when we suddenly remember God's number. But Jesus invites us into something deeper — a kind of prayer that isn't about *getting God's attention* or *sounding spiritual* but simply being real with Him.

STUDY: PRAY IN CONFIDENCE

Read Matthew 6:5-8

- What stands out to you from these verses?
- Why do you think Jesus cared so much about where and how we pray?
- What's the difference between public faith and private faith?
- Jesus said, "Your Father knows what you need before you ask." How does that change the way you think about prayer?
- Have you ever avoided prayer because you didn't feel "good enough"? What do you think God would say to you about that?

Read Luke 5:16

- Why do you think Jesus, the Son of God, still made time to get away and pray alone?
- Where in your schedule or even in your home could you set aside a consistent place to be alone with God in prayer?

In Matthew 6, Jesus talks about prayer as something *personal and private*, not a performance. Prayer isn't a *performance* for God or people. It's a *practice* of presence with your Father. Jesus reminds us that God already knows - and still wants to hear from you. The goal of prayer isn't to impress. It's to connect. The goal is to cultivate a lifestyle of prayer that teaches us to depend on God in every part of life.

CHALLENGE: PRAYING CIRCLES

This week, take a practical step toward making prayer a consistent part of your life. Start a **Prayer Journal** - a simple space where you can talk honestly with God and track what you're bringing to Him. Here's how to begin:

1. **Find or buy a new notebook.** It doesn't need to be fancy, just something you'll actually use.
2. **Make a list of 10 things in your life that will require consistent prayer.** These could be things like: A relationship that needs healing, a habit you're trying to change, a person who's far from God, a big decision coming up, a fear or worry that keeps resurfacing. Space them out or put them on separate pages in your journal.
3. **Each day, pray over those 10 things (and add to your list over time).** As you do remember Jesus' words in Matthew 6:5-8 - that God already knows what you need and wants to meet with you. Your prayers don't need to be elaborate or perfect; they need to be honest.
4. **Every time you pray for one of those things, draw a circle around it in your journal.** As the days go by, you'll see those circles multiply - a reminder that prayer isn't about instant answers, but *ongoing trust*.