

# EVERYDAY DISCIPLES

## EVERYDAY DEVOTION TO PRAYER

### GET TALKING

Are you naturally one who prays about things or worries about things?

### WATCH VIDEO

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7**

### DIG IN & DISCUSS

What are some reasons that people pray?

According to Philippians 4, what Paul teaching is the antidote to anxiety and worry?

- What is the difference between prayer and petition?
- Why is thanksgiving necessary when praying about your needs?
- Is it ever wrong to present your requests to God?

What is the promise that we can hold on to if we learn to be devoted to prayer?

How have you seen prayer guard your heart and mind in Christ Jesus?

Read Matthew 7:7-11. How does prayer guide our steps? How have you seen this play out in your life?

How does prayer work best for you? When do you pray? Do you set aside a time, do you have a conversation through the day, or both? How do you ask, seek, and knock?

Who are some people and situations that you could put on your own regular prayer list?

What is one thing that you could do to grow in devotion so that you pray first?

What is your plan for reading and studying the Bible so that you can be “thoroughly equipped for every good work?”

### **NEXT LEVEL QUESTIONS**

Read Psalm 69:13-21. How would you define prayer?

What are some warnings that Jesus and James mention in James 4:1-3 and Matthew 6:5-8 about our prayers?

God answers our prayer three ways: yes, no and not now

Read Matthew 7:7-11 and talk about why God sometimes says no to our prayers.

Share how you seen God answer your prayers recently!

The Lord’s Prayer (Matthew 6:9-13) is a model prayer where Jesus was instructing His disciples how to pray. It was not meant to be recited over and over again (Matthew 6:7-8). What are some key things about the Lord’s Prayer (Matthew 6:9-13) that can help you pray? (For example, Jesus begins the model prayer with, “Our Father.”

What do you learn about prayer from 1 Thessalonians 5:16-18? How can believers “pray continually”?

Prayer can certainly happen spontaneously (such as prayer in a crisis), but believers should follow the example of Jesus’ prayer life. What were some of Jesus’ habits of prayer? Read Mark 1:35; Luke 6:12; John 17:1

### **PRAY AND ENCOURAGE**