



For Discussion:

1. When you hear the phrase “pray without ceasing” (1 Thessalonians 5:17), what do you think it looks like in everyday life?
2. Read James 5:13, Psalm 46:1, and Psalm 100. In your life do you find it more difficult to pray in moments of trouble or moments of joy? Why?
3. How can sharing our troubles with God deepen our trust in Him rather than lead to discouragement?
4. Why do we sometimes forget to pray when things are going well?
5. Read Psalm 100, Psalm 136, and Psalm 92. How does praise shift our focus from circumstances to God’s character?
6. What keeps people from asking others to pray for them during times of weakness, illness, or sin? How does involving church leadership and community strengthen faith?
7. Why is confession often uncomfortable, yet necessary for spiritual growth?
8. How can prayer for one another create a culture of grace and accountability?
9. Read James 5:16-18. How does praying according to Scripture shape the way we pray?
10. What practical steps help align our prayers with God’s will?

For Response and Application:

1. Identify one current trouble you are facing and intentionally bring it to God in prayer.
2. Take time to thank God specifically for recent blessings and moments of joy.
3. Commit to praying for another group member this week with honesty and grace.