



Week 3: The Practice of Prayer

“The goal is not for prayer to be something you do, but to be a way of life.”

Discussion Questions

1. If a photo/picture or image could describe prayer in your life, describe what that picture would look like?

Read Luke 11:1–4.

2. Why do you think this one disciple asked Jesus to teach him how to pray?
3. Rahul shared with us the ACTS template (Adoration, Confession, Thanksgiving and Supplication? Which of these types of prayer is easy for you to pray? Which one is more difficult?
4. Rahul gave examples of “pre-made prayers.” Are there some pre-made prayers that you resonate with more than others? Which ones?

Read Romans 8:26–27

5. Have you ever had no words to pray? Simply being without words when you’ve tried to pray? How does it make you feel to know that God steps in for you when you don’t know how or what to pray?

Read Philippians 4:6.

6. In Philippians, the author encourages us in EVERYTHING to present our requests to God. How does it make you feel to know that your requests are not only important to God, but they matter to him?
7. What are the obstacles for you praying about “anything” to your heavenly Father?
8. What is one step you can take to make prayer a daily rhythm in your life?

Moving Forward

Go to www.hamiltonmillchurch.org/deargod and download one of the prayer resources and make it a goal to spend time with God regularly this week.