



The Secret Sauce: Week Two—"Pray Continually"

CONNECT: What are your plans for Thanksgiving this year? What are you looking forward to? Anything you are not excited about?

GROW:

1. What keeps most people from praying on a regular basis?
2. **Read 1 Thessalonians 5:17.** We are to have a lifestyle of prayer—not to pray a little bit here and there, or only when facing emergencies, or only recited prayers before meals. Prayer is to be a major part of our life. On a scale of 1-10 with 10 being the highest, how would you rate your time spent talking with God this past week? Explain.
3. We know the teaching in this verse. The key question is this: Are you doing it? Are you praying continually? If not, it could be that you prioritize the wrong activities. Or perhaps a lack of prayer signifies a reliance on self instead of God. Why do we constantly need reminders like this verse to make prayer a priority in our lives?
4. What do you typically pray about? When or where do you find it easiest to pray? Or, ask the opposite: What do you rarely pray about? Where and when do you find it hardest to pray?
5. **Read Matthew 6:5-13.** Jesus changed everyone's prayer life because He started His prayer with "Our Father..." Why would that have been so mind-blowing to the disciples? How does that concept make prayer more conversational?
6. Jon shared three prayer prompts. Which of them were most helpful to you?
 - "Father, thanks..." "Father, help..." "Father, speak..."
7. There are so many voices competing for our attention, but prayer helps us tune into the only voice that really matters. Jon talked about the 3 primary ways God speaks to us: His Word, His creation, His people. How have you experienced those in your own life? How have you neglected them?
8. **Read Matthew 7:7-11.** What do you think it would be like to understand prayer from God's perspective—to hear what He hears, and to know what He's thinking when we make a request of Him?
9. Imagine that two believers both pray for healing from a chronic illness. One is healed and the other is not. What should the attitudes of the two be? What struggles will they face given God's differing answers to their prayers? Do you ever feel like God is going to trick you or is out to spoil your fun?

PRAY: Use your group prayer time to pray through the three prayer prompts from Question #9. Consider splitting the group up into smaller groups or pairs to give more time for each person to pray.

NEXT: The challenge for this week: Let God be the first person you talk to right when you wake up and the last person you talk to before you fall asleep.