

## ICEBREAKER AND OPENING THOUGHT

These are designed to help your group open up and share a story or an event in their lives. This opening time is an excellent opportunity to get the group members to share something about prayer, even if they don't regularly pray.

## BIBLE DISCUSSION

Luke 11:1-4 could be familiar to many people in your group, so make sure you read it in a new translation – something that won't let everyone rattle it off without thinking. If you're familiar with another language, it could be good also to read it in that language.

On the opposite side could be Luke 18:1-8. This parable of Jesus is an odd parable to associate with prayer – a reluctant judge, a morally ambivalent protagonist, and an outcome we aren't sure what to make of. It is traditional to equate God with the judge, but try thinking about it in different ways too – how are we approaching our God, and how do we think about prayer? Then compare that to Luke 11:1-4 and see if anything interesting pops up.

## LIFE APPLICATION

These questions are designed to lead us deeper into the practical aspects of prayer. Encourage your group members to share their thoughts and experiences, but remember that not everyone will feel comfortable sharing.

**A – Adoration:** Sometimes, the hardest thing about praying is getting started. Start by praising God. There's no better way to do that than to acknowledge who God is. You can name God's attributes: "God, you are awesome, faithful, powerful, gracious, and loving." Or pray the words of a Psalm. Maybe sing your favorite worship song. When we start by praising God, we'll find the conversation is off to a great start.

**C – Confession:** This is where we talk to God about whatever may be pulling us away from him. Are specific sins that are weighing you down? Sin is anything that puts distance between you and God. Repentance and confession are good for us. Scripture says, "The Lord is gracious and compassionate, slow to anger and rich in love."

**T – Thanksgiving:** I once heard a person say that the key to conquering discouragement in his life was profuse and excessive thankfulness. Noticing and thanking God for his goodness can be a life-changing part of your prayer life.

**S – Supplication:** Supplication is bringing your requests before God. God desires our interruptions. He wants to hear our voice calling out to him for help. You can even keep a list of prayer requests, so you can know when God responds.

## CHALLENGE

This week take a step in your prayer life, whether it's joining us on the 21 Days of Prayer and Fasting, taking the Prayer Course, or downloading the Inner Room Prayer App. Taking a practical step could also mean setting your alarm for a morning or evening prayer time daily and asking someone else to hold you accountable for praying at those times. We know that God will breakthrough when we ask...are we asking?