Lesson 21: Wednesday February 23, 2022

Teacher: Joshua Kirstine

Spiritual Disciplines- Prayer #2

What is prayer? Prayer is pouring out our hearts to God in praise, thanksgiving, confession of sin, and expressing our requests to Him while submitting to His sovereign will. - WOTC Q102.

**Praise:**

1. Why is it helpful to begin our prayers with praise, adoration, and thankfulness to God?
2. In what ways can you grow in this practice?

**Repent:**

1. Why is it important that we who belong to Christ rightly see that we are fully and forever forgiven for all our sins?
2. Why is it important we practice confession of sin to God in prayer? In that ways can you grow in this?
3. Repentance is the actual turning to a new path of righteousness in light of the gospel. In what ways do we benefit to talk to God about our plans for repentant change before we actually see them through?

**Ask:**

1. Do you trust that God hears your prayers and will answer them in His perfect time? If not, share how you struggle with this so your group can help you grow in this. If you do, then how have you seen that grow your faith?
2. Do you struggle with praying for little things? When we pray for little things, how does this help us pray unceasingly?
3. Pastor pointed to Jesus honesty in prayer. How do you struggle in being super honest with God in prayer? How can you grow in this?

**Yield:**

1. Yielding prayer is so vital to really trusting that situation to God, in what ways have you grown in this practice? In what ways do you need to grow in this practice?
2. Do you see that yielding prayer is essential to really surrendering our grip and being readied to join God in what He is going to do? Explain..
3. Share how the PRAY outline will be helpful for a more balanced prayer life

Pastor challenged us to see how we can improve our language in our prayers to really think about what we are asking for to better reflect what His word teaches us about who God is and how He works.

12. Which of these did you relate to and how might you remix that prayer to better reflect what you are learning about or know about God?

-Be with me

-Bless me

-Watch over me/protect me

\*Spend time in prayer and please dismiss by 8pm.