

# How We Change: The Practice of Prayer

February 12-13, 2022: Josh McGinley

This provides about one hour of readings, discussion, and music.

As a springboard for discussion and further study, use the portions you find most valuable.

## 1. God hears us and He **wants** us to come to him.

- Why do I go to God in prayer?
- Read **Luke 11:9-13**, **Romans 8:26-27**, **Matthew 5:6**, and **1 Timothy 2:1-4**. As it relates specifically to prayer, what can I learn from these passages?
- Read Jesus's instructions about prayer in **Matthew 6:5-14**.
  - Imagine if Jesus had just spoken these words to us in this room... how would we put his words into action?
  - What other teaching about the Lord's Prayer have you found especially useful?

## 2. Prayer is not just about asking for things but it's about the **posture** of your heart.

- List the actions we are to take in approaching God, according to **Psalms 100**.
  - Why are these instructions especially valuable?
- Read and discuss each reference briefly before going on to the next:
  - **Jeremiah 29:11-13**
  - **Psalms 5:1-3**
  - **Psalms 131:2**
  - **2 Chronicles 7:14**
  - **Psalms 5:11-12**
  - **Psalms 34:4-9**
- How does prayer help me to change?

## 3. Prayer helps us to **remember** who is in control.

- Read **Acts 12:3-8**. Break up into small groups and share an example of God's intervention from your own experience; reconvene to finish the study.

## 4. No prayer is **too big** for God.

- Read **Mark 11:22-25**. How do you think Jesus teaches us about faith, provision, and relationships in these passages about prayer?
- After reading and discussion, consider these two quotes:
  - Missionary pioneer William Carey said, "Prayer - secret, fervent, believing prayer - lies at the root of all personal Godliness. "
  - The influential English leader William Wilberforce said, "Of all things, guard against neglecting God in the secret place of prayer."

Close with **Matthew 6:9-13** (the Lord's Prayer) and this **song**/video:

- "Give Us Clean Hands" <https://www.youtube.com/watch?v=Rv55qS7v2-c>

If you have a prayer need, please ask a friend here to pray with you, and to support you in prayer this week.