

Life Group Session 1 Discussion 3
Spiritual Habits: Prayer
Cross Culture Church

Goal: The goal of the discussion is to encourage your group to engage in habits that although they may not be experts in will grow closer in Jesus by simply training in and practice them. Remember the goal is to train and not try harder.

Connect (30 Minutes):

1. Introduce yourself and set the following expectations for the group one more time.
 - a. Tell them how spiritual habits have impacted you so far.
 - b. Expectations
 - Show up, if you can't make it let us know.
 - Have fun.
 - What's shared here stays here.
 - Be willing to be vulnerable. Growth happens with honesty.
 - Share but leave room for others to talk.
 - c. Different than before.
 - What might be different about this LG session is that yes we want to connect at Life Group and beyond, but our primary goal is to experience growth and freedom in Jesus together.
2. Find out more about the group.
 - a. What is your favorite food to eat? What is your favorite food to cook?.

Discussion Time:

Start today's discussion on how the previous few weeks of meditation were.

How many times were you able to meditate on God's word or His presence? Did it change your perspective at all? If so how?

A reminder that meditation is a practice and a way we training our hearts and minds to align with God's. Make sure to schedule some time throughout the week to meditate on what's true in God's word even if it's on the way to work, while you are cleaning etc.

Let's talk about prayer.

"Prayer is the central avenue God uses to transform us. To pray is to change."

How do you all define prayer? What has prayer done in your life or in someone's life you know?

Read the following Scriptures (pick a volunteer)

3 *When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.*

James 4:3, NIV

What's wrong with the early Jewish Christian prayers?

What are some things that people pray for that probably aren't God's desires?(It's okay to laugh here)

Let's read

5 *"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. **6** But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. **7** And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. **8** Do not be like them, for your Father knows what you need before you ask him.*

9 *"This, then, is how you should pray:*

"Our Father in heaven,

hallowed be your name,

10

your kingdom come,

your will be done,

on earth as it is in heaven.

11

Give us today our daily bread.

12

And forgive us our debts,

as we also have forgiven our debtors.

13

And lead us not into temptation,

but deliver us from the evil one.'

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. **15** But if you do not forgive others their sins, your Father will not forgive your sins.

Matthew 6:5-14, NIV

What's the goal of prayer in Jesus' definition?

Maybe you are asking the question is this the only way to pray. Yes and then some.

Take a minute and ask for 1-2 people to answer each question.

What does prayers of declaring God Holy look like?

Think about praying for the things of the Kingdom. What would prayers like that look like?

What do prayers desiring God's will look like?

What do prayers of provision look like?

What would prayers of forgiveness look like?

What would prayers of resisting temptation and fleeing evil look like?

The second Spiritual Habit we will practice over the next few weeks until we meet again is Prayer. This week try praying prayers of the Lord's prayer every day for a dedicated time.

- **Declare Him Holy and speak out who He is in the bible and to you.**
- **Pray specific prayers that involve His Kingdom in your life and others.**
(Healing, salvation, love, joy, peace, patience(careful), gentleness, self-control...)
- **Pray for His will not yours in circumstances.**
- **Pray prayers of gratefulness for His provision and ask for His provision.**
- **Pray prayers of forgiveness for yourself because of the work on the cross and also forgiveness of others.**
- **Pray for Holiness in your life and not giving into temptation.**
- **Pray against the enemy's plots and plans in your lives and others.**

How do you think praying like this will transform you?

Action Items for next time:

- **Let the leader know what times you plan on praying.**
- **Bring your bibles next week.**

- **Train in the things that grow you in Jesus.(Meditation and prayer)**

Finish in Prayer.

- Go through the Lord's prayer together. Say it out loud.