

# Summer With Jesus

## Week 5 LIFE Group Study – How to Pray

### Checking In

Welcome everyone back to this series. Ask each participant to share in a few sentences what they have been praying for recently.

### Memory Verse

“But truly God has listened, He has attended to the voice of my prayer.”  
Psalm 66:19

**NOTE: THERE IS NO GROUP VIDEO FOR THIS SERIES**

### ***FACILITATION FOR THE GROUP LEADER***

**NOTE:** *Use the following as a guide as you prepare to lead your group time. Use what is helpful for you to facilitate the discussion. Discovery questions and the group guide follow this material:*

We must look at the condition of our hearts when it comes to praying. For many believers this is one of the most difficult areas to address. Prayer is hard and is made harder when it lacks sincerity.

Am I real or am I fake? Am I playing a part as an actor or is this the real me? You are the only one who can answer these questions.

An unexamined life is not worth living!

Let's take a look at what Jesus says....

**“Whenever you pray, you must not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners to be**

**seen by people. Truly I tell you, they have their reward. But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you. When you pray, don't babble like the Gentiles, since they imagine they'll be heard for their many words. Don't be like them because your Father knows the things you need before you ask him.**

### **Matthew 6:5-8**

#### **Pray in private before you pray in public!**

- It isn't wrong to pray in public, but those prayers have another function.
  - Public prayers are to encourage other believers.
  - To agree with other believers
  - To ask a common blessing as agreed upon by believers.
- Our private devotion in prayer is to encounter intimacy with God.
  - God is more interested in the position of your heart in prayer than the position of your posture, some think you must be on your knees or in some special room, not so!
  - Jesus prayed privately alone and with his closest followers.
  - He also prayed publicly from the cross when he raised Lazarus from the grave and when he fed the 5,000 and other times.
  - Prayer journals are helpful, some like to write prayers.

#### **Our praying should be sincere.**

- God knows!
- He is not into babbling the same prayers over and over. Some patterns can be helpful but sincerity matters.
  - You can use ACTS as a guide: Adoration, Confession, Thanksgiving, and Supplication.
- Tell Him what is on your heart, your fears, your cares, and your needs.

Our prayers are focused on God and not on ourselves....

- Prayer makes us aware of God.

- We are not informing Him.
- We are not giving Him instructions.
- We are declaring our dependence on Him.
- God wants you to seek his face in prayer.

The teaching on prayer is not as vital as the praying of prayers! Prayer changes things, mostly prayer changes me!

## Discovery Questions

- Why did Jesus warn His followers to avoid wordiness?
- What are some of the disciplines valued in your circle of relationships? In what ways can prayer be misused to impress others or pass on gossip or misinformation?
- What attitudes does it take to practice the discipline of prayer to assure you do not fall into “routine” and truly have a connection with God in a meaningful way?

## Putting It Into Practice

Each week Pastor Scott will challenge you to put into practice what you are learning. These challenges will help you take the concepts we are learning deeper into your life and help you with your own personal hope. This week Pastor Scott challenges us to:

1. Start a Prayer Journal or Prayer Wall  
Look for ways to capture your prayers and prayers for others. Go back at weeks end to see what has transpired in relationship to those prayers. Be patient week over week.
2. ACTS  
Try praying the ACTS way for a while to see how it affects your prayer life. How was it different or how did it freshen up your prayer time?

## Prayer Time

Pick a prayer partner to share with this week. Follow-up with one another to encourage one another and see how God might be working.

TIP: Write down some of those prayers in a place where you will see them daily or several times a day to continue to pray throughout the week.