



Notes | January 21, 2024

How Do I Pray?

The easiest thing we can do in our relationship with God is talk to Him—to pray to Him. It's showing up and having a conversation, but, a lot of times, it seems so difficult. As simple as it sounds, we struggle! Prayer has so many benefits, but most people are too hesitant to jump into it because they don't know how to pray or what to pray for. God has made himself accessible to us through prayer and desires that we talk to Him! When we pray to God, we are given access to His presence, His perspective, His peace, and His power.

Key Scripture | Philippians 4:5-7

The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Related Scriptures

Exodus 33:15, Psalm 119: 41-43, Psalm 18:1, Matthew 6:9-13, Psalm 92:12-14

Icebreakers:

Q: If you could have dinner with any person, who would it be?



Key Thoughts and Reflections:

I. God has given us access to Him through prayer.

Q: Why do you think it's important to pray?

Q: What has been an impactful prayer that has been answered by God?

Q: Do you trust that God is listening? Why or why not?

II. Jesus made Himself the door to prayer with God.

Q: A lot of people will not pray because they don't know where to start. How have you struggled with prayer?

Q: Has a prayer ever given you peace, perspective, or power?

Q: Do you treat prayer as if you are entering the presence of God?

III. Jesus gave us an outline to prayer through the Lord's Prayer. Today, we can use A.C.T.S. (Adoration, Confession, Thanksgiving, Supplication/Stuff.)

Q: What are ways you could adore God right now?

Q: What is something you could take to God in prayer? Is it a confession, gratitude, or request?

Q: How do you hope prayer transforms your life and/or relationship with God?

Get Practical

Have you ever thought about how God dwells right next to you? He is waiting for you to acknowledge Him! This week take time to write out an A.C.T.S. prayer on your own!

Text DEVO to 37748, to jump into 5 days of A.C.T.S prayers as we jump Into Psalms and learn how to pray!