

groups.

— Notes | DATE: April 12, 2026

How God Taught Me How to Pray

Pressure in life often leads us to rely on our own effort. We can work harder, yet still be stuck in fear, worry, and anxiety. The truth is that we were never meant to be our own protector or provider. We are not enough on our own and we don't have the power to live a life of peace. The good news is that God has the power and invites us into an ongoing relationship with him through prayer. Prayer is the path from pressure to peace. It allows us to experience that God is OVER ME as my Protector, which frees us from fear. He is FOR ME as my Provider, which frees us from worry. God is WITH ME always, so we are never alone, even when we feel like we are. And as God works THRU ME, we get a chance to partner with Him to make a difference in the world. When we experience the fullness of a relationship with God through prayer, we experience true FREEDOM.

Key Scripture | Reference

"Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts, as we also have forgiven our debtors.
And lead us not into temptation but deliver us from the evil one.
For yours is the kingdom and the power and the glory forever. Amen.

Matthew 6:9b-13

Related Scriptures:

John 17:11b-12a, Matthew 6:25-27, John 16:32, Ephesians 6:10

groups.

Key Thoughts and Reflections: _____

I. Self

Q: When you feel pressure, what is your natural response? *Work harder? Withdraw? Distract yourself? Something else?*

Q: What are you most afraid might happen if you give God control of the pressures you are currently facing? *Ex: Family, Finances, Job, Health, Etc.*

Q: When pressure hits, what would it look like for you to give God control before your natural response?

II. God

Q: Have you ever experienced a moment where you knew God was with you? What was that like?

Q: Based on the pressures you are feeling, what do you think it looks like for God to work through you personally in your everyday life?

Q: Which of these do you struggle to believe most right now: that God is over you, for you, with you, or working through you? Why?

III. Prayer

Q: To what extent do you believe that prayer is the path from pressure to peace, and how does that affect how you pray?

Q: What moments do you find it most difficult for you to be consistent or honest in prayer?

Q: What does your current prayer life look like? Do you need to change some things?

Get Practical: _____

Have each group member pick one day this week to add 20 minutes to their usual quiet time.

Spend the first half of that extra 20 minutes being completely honest with God about the pressure you feel. You can write this in a journal or just think through it. In the second half, begin to pray to God.

The prayer can look something like this, but have them make it their own: “God, I am feeling [Emotions] because of [Stressor], and I am struggling. I know you are with me and care deeply about this. Please take care of me, provide what I need, and strengthen me. Show me that you are with me and turn this hard time into something that draws me and others closer to you. Amen.”