



Lesson Aim: To consider how God works powerfully through prayer and to take practical steps toward improving our prayer lives.

Bridge LifeGroups are **currently on winter break**. We will continue to offer study questions each week in this **simplified format**, which can be useful for personal devotions and/or discussion starters for LifeGroups that choose to meet for a portion of the break.

Prayer: Ask the Holy Spirit to lead your personal study time and/or discussion.

1. Looking over your notes from Sunday's teaching, what were some things that challenged, encouraged or confused you?

2. What do we learn about prayer in (answer briefly):

John 16:24:

Ephesians 3:20:

Matthew 7:7:

Jeremiah 33:3:

1 John 5:14-15:

3. Most likely, you've had times when you've said "Prayer is great, but I'm just too busy for it." The truth is we always find time for the things we find most important. Our hearts help us determine the priorities on our agendas. **READ Luke 10:38-42.** What do you observe about the activities of Mary and Martha?
4. How did Jesus respond to their two approaches?
5. List the activities that are most likely to distract you from spending time with God in prayer.
6. What can you do to overcome some of these distractions?

Close in prayer as the Lord leads you.

RESTART 2013:

Josh Hawley, Pastor of LifeGroups
December 30, 2012

“Prayer is conversing, communicating with God. When we pray we talk to God, aloud or within our thoughts.” Dallas Willard, *Spirit of the Disciplines*, p. 184.

God Wants Us to Pray.

- He is able to hear us and respond. (*Mark 4:35-41; Acts 12; Exodus 3-4; Acts 9*)
- He is willing to respond and help us. (*Ephesians 1:5; Romans 8:16-17; Matthew 7:9-11*)

Practical Prayer Essentials (*Matthew 6:5-8*)

- Consistency.
- Authenticity.
- Being specific.

ACTS - A Pattern for Prayer:

- Adoration: expressing worship to God for Who He is. (*Psalms 95; Matthew 6:9; Ephesians 1:3-10*)
- Confession: specifically naming our sins before God. (*Psalms 103:11-12; Daniel 9:1-19; 1 John 1:9*)
- Thanksgiving: expressing gratitude to God for what He's done. (*Psalms 100; Luke 17:11-19*)
- Supplication: asking God for help. (*Philippians 4:6; James 1:5*)

Getting Started:

- Practice ACTS this week for 7-10 minutes a day through written form or speaking out loud.
- Join us for Restart 2013 in the self-guided prayer stations (anytime January 2-4, 7am-5pm) and/or for corporate prayer (January 2-4 & 6, 6-7pm).