

## RESTART 2014

Josh Hawley, Pastor of Spiritual Growth  
December 29, 2013

### Ephesians 6:18

#### God is Calling His People to Prayer

#### Why Does God Want Us to Pray?

- To develop Christ's character in us.
- To bend our wills to His will.
- He uses prayer to change things.

### Developing a Practical & Powerful Prayer Life (Ephesians 6:18)

- Praying “in the Spirit”.
  - ✓ Ask God for help.
  - ✓ Use the prayers of Scripture. (examples: Psalm 51; Ephesians 3:14-21)
- Pray continually.
- Pray with flexibility.
- Pray with perseverance.
  - ✓ Prayer “lists” can be helpful.
  - ✓ Schedule & protect some specific times & places for prayer (alone & with others).
- Pray for others.

- I will apply at least one principle from the message to my life this week.
- I will participate in Restart 2014 Prayer Focus this week.
- I'm becoming a follower of Jesus today.



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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.

**Lesson Aim:** *To grow in our understanding of why & how God wants us to pray.*

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

1. How much time do you generally spend in conversation with God?
2. List several reasons why prayer is an important part of our relationship with God
3. **READ Ephesians 6:10-18.** Why is the image of warfare an appropriate one when we consider the topic of prayer? Can you apply this to any victories or defeats you have experienced in regards to prayer?

4. What do we learn about prayer in:
  - **John 16:24:**
  - **Ephesians 3:20:**
  - **Matthew 7:7:**
  - **Jeremiah 33:3:**
  - **1 John 5:14-15:**
5. What are some of the distractions you face in praying (busyness, conflicting loyalties, etc.)? Be as specific as possible.
6. Why is it so hard to be honest with others about our struggles with prayer? What could be done to help create an atmosphere among Christians in which such feelings could be discussed more openly?
7. Pastor Josh talked about “Developing a Practical & Powerful Prayer Life” in this weekend’s message. Look over this section in your notes. What is one principle you can apply to your life this week? How will you do this? Who (besides Jesus) will you tell about this decision?

### Close in prayer as the Holy Spirit leads you.

This **LifeGroup** Study Guide is designed to help you apply Sunday’s message. You can do this homework on your own; however we encourage you to check out our friendly, message-based **LifeGroups!** Get a copy of this Study Guide at [theBridgeFresno.com](http://theBridgeFresno.com) by clicking on the “Messages” link.