

## Spiritual Practices – Prayer

Prayer seems like a simple thing and something we do often or maybe not enough. But there are many aspects to prayer that bear discussion. Here are four different options for discussing prayer.

In [Luke 11:1-4](#), Jesus’s disciples ask him, “Lord, teach us to pray, just as John taught his disciples.” Jesus then gives them what is commonly called *The Lord’s Prayer* as a guide. This prayer is also found in [Matthew 6:9-13](#) in a fuller version.

1. What are some similarities in how you pray compared with this prayer?
2. What are some differences?
3. What are some truths about God you can learn through this prayer?

In [1 Thessalonians 5:16-18](#), Paul tells us to “rejoice always, pray continually, and give thanks in all circumstances.”

1. What does it look like to “pray continually?”
2. Is this a reasonable thing to ask of us?
3. How would this practice change you?
4. What are reasonable things to ask of God?
5. Is there anything unreasonable to ask of God?

In [Matthew 21:22](#) and [Mark 11:24](#), Jesus tells us that we can ask for anything, believing, and it will be ours.

1. Does God actually care about the things you pray about?
2. Does God only care about the “important” things?
3. What is too trivial to ask from God? Why?
4. Do you believe God answers your prayers? All of them? Why or why not?
5. What does it take from us to have our prayers answered?

[James 1:5-8](#) discusses why we don’t receive from God what we want.

1. Do the motives of your heart matter when you pray? Why?
2. We know God *can* do anything we ask, but *will* He?
3. Did Jesus ever say no to anyone who asked Him for something? If so, why?
4. Is it reasonable to expect an answer from God for anything we ask?
5. Does God *need* us to pray or will He take care of the issue without our involvement?