



For a variety of reasons, we can sometimes struggle to pray in both public and private - and we are not the only ones. In Luke 11:1, as Jesus returned from praying in a 'certain place', one of his disciples asked him to teach them how to pray. We need to learn how to pray just as the disciples did.

### Discussion questions

- What do you find difficult about prayer? What do you find easy? Why do you think prayer can often feel hard?
  - What do you mostly talk to God about?
  - Do you feel like you have to act a certain way before God when you pray? Why or why not?
  - Do you find it challenging to persevere in prayer? How can we be encouraged to keep going?
  - How do you feel about praying with others in a small group? In a larger group?
- 

### Pause

To start, sometimes we have to stop. Our prayers can sometimes become wish lists or actions points rattled off before we start doing what we've just prayed for. We need to put those down and press pause. We need to wait, sit quietly and become fully present. Stillness and silence help us to prepare our minds and hearts to pray from a place of greater peace, faith and love for God.

### Rejoice

The Lord's Prayer begins with an invitation to adore God; we have so much that we can praise him for.

### Discussion questions

- Why do you think we most often associate prayer with asking God, rather than praising God?
- When are the times when prayer feels most enjoyable?
- Does seeing prayer as a relationship help change your perspective of coming to God in prayer?
- When we pray with others do we often forget to praise God? How can we encourage one another to praise God as we come together in prayer?
- Can you suggest any verses or passages from the Bible that would inspire the group's prayer of praise?

### Ask

How can we pray effectively for others?

- ⇒ **Get informed:** learn the facts of the situation you are praying for.
- ⇒ **Get inspired:** invite the Holy Spirit to speak into the situation you are interceding for.
- ⇒ **Get united:** Jesus promises action if God's people agree.

### Yield

Throughout the Bible there are instances of women who yielded their lives to God and their prayers changed things. Read **Acts 12:1-17** and **1 Samuel 1:1-20** to find out more about the prayer lives of Rhoda and Hannah.