



FOLLOW ME

WEEK 3: PRAYER

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Prayer is a continual, life-giving conversation with God. Like any relationship, communication with God. Jesus invites us to talk with Him as naturally as we speak with a friend, allowing prayer to anchor us to Him and align us with His heart. Prayer is the space we get to engage with God in each circumstance rather than simply pray to receive. Although He is a giving Father, relationship with Him is rewarding in itself, bringing life where we need it.

KEY VERSES

Look up theses additional verses:

Luke 11:1-4 (NIV)

Luke 11:9-13 (NIV)

Philippians 4:4-7 (NIV)

DISCUSSION QUESTIONS

1

Conversation with God

Prayer is meant to be an ongoing conversation with God, more than just a list of requests.

- a. Does your prayer life feel more like an everyday conversation with God or like giving Him a to-do list?
- b. What does conversation with God look like to you? How can you practice talking to Jesus?

2

Peace of God

Philippians 4 says by prayer and thanksgiving make our requests known to God, so God's peace guards our hearts and minds in Jesus.

- a. When has honest prayer changed the way you viewed a worry or decision?
- b. What anxious situation could you place in God's hands this week?

3

Talking to Jesus

It's easy to put pressure on how to pray, but God isn't adding pressure for it to look a certain way, He just wants us to show up and talk to Him.

- a. How have you put pressure on how you talk to Jesus? Why do you feel it needs to look a certain way?
- b. How do you think God sees you when you come to Him for any reason, whether in need or just to talk?

4

Anchored to God

Prayer anchors us to Him, aligns our heart to His heart, and transforms us.

- a. How has prayer helped you stay steady or grounded when life feels uncertain? How has His voice spoken life in uncertainty?
- b. What is one way you've seen God use prayer to change your attitude, relationships, or decisions over time?

Slowing Down with God

Prayer is also listening—making space for God’s voice through various ways like Scripture and quiet.

- a. What helps you slow down enough to listen for God’s voice during prayer?
- b. Where could you set aside even five minutes of quiet this week to simply listen?

DIVE DEEPER

Personal Reflection: When we pray and God doesn’t respond the way we expect, it doesn’t mean He doesn’t care or see us; He is still present with us in a different way.

- When God’s response looks very different from what we expected, how should we respond? Does this change who He is or diminish His power? Why or why not?
- How might these situations sharpen our worship and submission to God?

PRACTICAL APPLICATION

Listening to God—Each day this week:

- Pray about a situation you want God to work in.
- Listen to what He might be saying in the situation (from Scripture or prayer).

Ask the Holy Spirit to give us faith to trust in God’s move, even if it’s not how we expected.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Philippians 4:6-7 (NASB2020), *"Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus"*

Let the group rest in that promise as you close together in prayer.

NOTES

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