1 WHAT DOES THE BIBLE SAY?

READ Luke 5:16. Jesus was God in the flesh and yet He regularly got away to pray in solitude. Why should we imitate His pattern?

READ Matthew 6:9-13. Jesus instructed His followers to pray and gave them a model. Why do you think Jesus gave instructions on praying?

READ Acts 2:42. The early church devoted themselves to prayer, among other things. Why is it a good idea to imitate their practice?

READ Romans 12:9-12. Paul lists faithfulness in prayer among the disciplines in which believers should be involved.

Throughout the Bible we are told to be involved in prayer. Why is it that we don't seem to make time for prayer?

By spending regular time in prayer, what are we admitting to God and others?

What does not making time for prayer really say about who is powering our lives?

List all the legitimate reasons for a follower of Jesus not to be in a rhythm of prayer.

2 WHAT’S OUR PART?

READ 1 Thessalonians 5:17. How often are we supposed to be in communication with God?

What habit or system can you develop that will help you pray throughout each day?

READ Ephesians 6:18. Paul writes that we should pray on all occasions and with all kinds of prayers. List different aspects of prayers you can consider in your prayer life. (Examples: methods of praying, categories of prayer, places to pray, etc.)

3 NEXT STEPS

PRAY

Tell the Lord about your desire to pray more and ask Him to give you discipline and ideas for growing your prayer life.

ASK

Ask others what they are doing for prayer in their lives or find ideas on the internet or in a book. Write down the ideas you find.

CREATE

Create a Rhythm of prayer for your life. Make time and start small. Be creative and try different things till you find a rhythm that works for you.