

Lent—Pray
Study Questions

1 John 5:14-15; Philippians 4:4-7; Matthew 6:7-13

Warm-up

1) Have you ever been in charge of a group of people tasked toward a certain result? If so, how did you respond when you asked for things that were constructive (or that they thought would be helpful)?

If not, have you seen people in charge respond more wisely than you would have when they were asked for certain things?

A little deeper

2) [1 John 5:14-15] When we ask God for things according to His will, He hears us and responds accordingly. **When have you seen this principle of prayer in action?**

How do we understand God's will, so that we can pray more effectively?

Why is it important for us to be willing to seek God's will before we pray or before we hear His answers to our prayers?

3) [Philippians 4:4-6] If we find that can't rejoice or be gentle to others because of our anxiety, then we should pray (and give thanks) to God. Sometimes it can be difficult to pray because we think prayer has to look or sound a certain way. **What are some examples of stressful situations in which "normal" prayer might be difficult? How might prayer look in those situations?**

4) [Philippians 4:7] Our prayer will result in an overwhelming peace that will guard our hearts and minds. **What does God's peace guard our hearts and minds against, besides anxiety? What might we do if anxiety were allowed to remain?**

Bringing it home

5) [Matthew 6:7-13] Jesus told us not to babble when we pray, and He gave us an example of how to pray simply and sincerely.

What aspects of the Lord's prayer do find come naturally in your own prayers?

What aspects would you say are less common or missing in your own prayers?

6) What are some ways you approach prayer? (Try addressing aspects like who, what, when, where, and why.)

What expectations do you generally have when you pray?

7) When have you been overwhelmed by God's peace? How did that peace transform the situation you were in?

Pray together

Take some time to pray as a group, perhaps starting or finishing with the Lord's prayer.