

SHARPENING THE AXE
Journeyman, January 29, 2014
Session 2: "Spiritual Disciplines: Prayer"

Issues, Misunderstandings & Questions about Prayer

How Long?	Ask or not to ask?	Why is it so hard?
Look a squirrel!	When do I pray?	What's the point?
What if it's not answered?	Repeat prayers?	

Prayer is honestly talking with God

Reminder

What are spiritual disciplines?

Intentionally directed actions that develop our understanding & expression of our relationship with God

Goal of Spiritual Disciplines

Develop/Deepen our relationship with God
Express that relationship to others.

The Role of Prayer:

2 Chronicles 20:1-12

- Remind us of our great need for God
- Help give us an external perspective

- Prayer keeps us focused
- Prayer engages us with God

Ideas to jumpstart your prayer life:

- Acronyms

Adoration

Praise

Confession

Repent

Thanksgiving

Ask

Supplication

Yield

- Write your prayers
- Pray scripture
- Pray through today's plans (Schedule, calendar, events, etc.)
- Use prayer prompts
- Have a prayer closet

SMALL GROUP DISCUSSION

Connect

1. Which of the questions, misunderstandings or issues with prayer do you struggle with?
2. When has your prayer time been at its strongest?

Grow

1. Look back at the role of prayer. What is the most helpful from this list?
2. How will these help you as you pray?

Reach

1. What plan do you have to start, add to, or deepen your prayer life?
2. List 5-10 people (Family, friends, co-workers, people far from God) you will pray for and pray for them this week.

Daily Scripture Readings

- Day 1: The pattern of Prayer – Matthew 6:5-15
Day 2: The prayer of worship – Psalm 103
Day 3: The prayer of repentance – Psalm 51
Day 4: The prayer of thanksgiving – Psalm 150
Day 5: The prayer of guidance – Matthew 26:36-46
Day 6: The prayer of faith – James 5:13-18
Day 7: The prayer of intercession – John 17