



Week 3: Morning, Noon, and Night

Many of us have an uneasy relationship with prayer. It's as if we believe we have this huge prayer deficit and we'll never catch up. There are times in our lives when prayer comes easy: when we need to make a pivotal decision or when we've hit a tough stretch. In these seasons, prayer comes naturally. But eventually life settles in and we go back to our normal routines. For most of us, prayer is something we know we should do more of and so we feel guilty.

What would happen if we prayed more in the second half than we did in the first half of this year?

Discussion Questions

1. Which of these comes to mind when you hear the word "prayer"?
 - A football player kneeling in the end zone
 - A blessing over the meal at a family reunion
 - Praying for a parking spot on a Saturday at the mall
 - A pastor praying in church
 - A child praying for a pony during dinner
2. What is your relationship with prayer (guilty, don't know how to pray, God doesn't hear my prayers, etc.)?
3. **Read 1 Thessalonians 5:16–18.**
 - What comes to mind as you read what Paul wrote?
 - Do you believe God actually hears us when we pray? Why or why not?
4. **Read Matthew 6:9–13.**
 - What parts of the Lord's Prayer do you naturally connect with? Why do you think that is so?
 - What are you praying for in the "grind," as Matt talked about?
 - Based on the grace God has shown to you, to whom do you need to show grace?
5. What needs to happen for you to be able to pray in a consistent way during the second half of the year (prayer triggers)?

MOVING FORWARD

We have a heavenly Father who is waiting for us to talk to him! Consider for a moment how your life might change if you decided to talk to him in a consistent way during the second half of this year. Perhaps your outlook or priorities would shift or you might

discover a refreshed spirit, a renewed heart, a supernatural peace, and a deeper relationship with God.

You may even choose to write down your prayers in a journal. You can use a paper journal or the Notes app on your phone. As you begin recording these prayers, you'll be able to check back at the conclusion of the year to see all he has done and how you have grown!