

January 18, 2026

Scriptures: Luke 11:1-13

Title: Nurturing Healthy Habits: Talking to God

Speaker: Pastor Jennard Cahatol

Introduction: Who do you enjoy talking with the most?

What if I don't feel like doing a spiritual habit?

Lord, teach us to pray. (11:1-4))

Ask boldly (11:5-8)

Ask as if you expect to receive from your Father (11:9-13)

TALK TO GOD _____

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Reflection Questions

1. What are your thoughts on praying to God with bold and constant requests? And as if He is a good Father?
2. How can you develop your prayer life and take advantage of having a God who listens?