



Pray Daily

1 Thessalonians 5:12-28; Romans 12:9-14;

Philippians 4:6; Colossians 4:2; 1 Timothy 2:1-2

OPEN

What is your favorite color? How does it express itself in your life each day?

What are the thing(s) that capture your attention or focus *every day*?

DISCUSS

Read the Bible verses at the top of the study.

What is the role of prayer in the life, ministry, and writings of Paul?

What kinds of things does the Apostle Paul call people to pray for?

Do you feel Paul is more concerned about *how* people pray or that they *actually* pray...regularly? What are your thoughts on the matter of prayer?

Think about your own prayer life. Are you feeling:

- Guilty?
- Desire to pray more regularly?
- Satisfied with your prayer habits?
- Confused?
- Other?

Explain.

A Few Thoughts about Faithful, Continual, Daily Prayer

1. Recognize God is Present to You. Every day.

- We invest in what has our attention. Does God have enough of your immediate, daily attention? Knowing that God is close (Acts 17:24-28; Psalm 145:18), what could you do to be more aware of his presence?

2. Recognize that daily prayer is daily listening.

- When you think of your prayers, what percent of the time do you talk vs. listen?

3. Recognize that daily prayer is ultimately not about you.

- What have you observed about your life in times/seasons of earnest prayer?
- What have you observed in the lives of those who you know pray regularly?

How were you challenged in this study and discussion?

What did you hear or sense God saying to you?

What will you do (practically) this week in response to what you are learning?

NEXT STEPS

Set one or more times aside *each day* this week to pray.

At the end of the week, reflect (perhaps journal) about your experience of prayer.

For resources on prayer, please visit <https://www.cc-ob.org/prayerresources>