

Praying When We Don't Feel Like It

Family and Life Group Discussion Guide: July 7, 2024

How do we get ourselves to pray even when we don't feel like it?

1. We need to _____ we have an enemy who wants to keep us away from our loving Father. _____ him. (1 Peter 5:6-11; James 4:7-10; John 8:44)
2. We need to _____ to God's Spirit within us and pray with thanksgiving despite feelings to the contrary. (1 Thess. 5:16-25; Jude 1:20; Romans 8:5-6)

Practical actions we can take to help us pray with consistency:

1. Write prayer into your daily _____.
2. Start with Scripture – Pray _____. (E.g. Lam. 3:22-25; Heb. 4:14-16; Num. 6:24-26; Eph. 3:14-21)
3. _____ your experiences, observations, and reflections. Let this direct you in offering praises, making confessions, giving thanks, seeking guidance and making requests.
4. _____ to God.

For discussion:

1. Talk about times when you haven't felt like praying. What is happening during those times? Why don't we sometimes feel like praying?
2. Read 1 Thessalonians 5:16-25. Paul directly talks about prayer, but he also mentions things that can affect our prayers. What things might we learn from the passage about praying consistently?
3. What steps do you plan to take to make your prayer life more consistent? Pray for one another to have a more consistent prayer life.

PRAYERS



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