
Being a Christ follower can be weird.

What is Prayer?

Luke 11

- Recognition & Admiration
- Authority
- Dependence & Trust
- Say I am sorry
- Love others
- Focus & Commitment

Prayer is about communication (Speaking & listening).

What keeps us from prayer?

What is your next step?

Tips for Pray:

- Practice
- Talk out loud
- Journal
- T.H.A.R.S. (Thanksgiving, Honesty, Acknowledge, Request, Seek)

Many of our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus & His church by joining one today! www.seekreallife.com/groups

Share your story

What insight, question, or resolution did you discover from our time of worship together on Sunday?

What is the best answer to prayer you have ever received?

How did that answer to prayer affect your relationship with God?

What do you tend to pray the most for? What are you most reluctant to pray for? Why?

What is your prayer for Real Life Church? What would you like to see God do in and through us?

Connect to God's story

Read **Philippians 4:6-9**.

Why do you think giving thanks is such an important component to our prayers?

Have you ever experienced worry and anxiety turn to peace through prayer?

Write down next to the following passages what they teach us about talking with God:

- **Luke 15:25-30**
- **Matthew 6:5-6**
- **Matthew 6:7-8**
- **Isaiah 59:1-2**
- **James 4:1-3**
- **Mark 11:24-25**
- **1 John 1:9**

Take a moment to recall a time when God didn't answer your prayer the way you were wanting Him to. What have you learned from that experience?

Are there prayers you have that leave you feeling confused, uncertain or even unheard? Take a moment and be open and honest with God. (He can handle it!) Ask Him to help you examine your heart, motives and faith. Ask Him for a willingness to hear His answer - whatever it may be - and trust in His goodness and wisdom when He does!

As often as possible Jesus withdrew to out-of-the-way places for prayer.

- Luke 5:16 (The Message)

My Prayer for 2019

My Lord and Savior Jesus, thank you for your gift of grace to me. My soul hungers for you. I want to know you – not just intellectually, but relationally. I give you permission to tear down every false thought, every lie, and every stronghold the Enemy has established within me.

I will pursue my relationship with you with my whole heart. I will hold nothing back from you. I am open and willing to receive the good things you have planned for me.

I ask:

Work your good in me so that I might reflect you more.

Work your good for me so that I might receive all that you intend for me.

Work your good through me so that all around me, people will experience your love and goodness and be drawn to you.

I am open and ready for all you will do in, for, and through me.

I love you, Jesus.

Amen

Together in prayer.

As a church, let us come together in prayer:

- Pray for the one. May God draw each person into a living relationship with Himself.
- Praise God! Drywall and the majority of the painting is done.
- Pray for construction timeline, that things continue to move on time.
- Pray for a heart that is responsive to need around you.
- Pray for the ongoing funding of the building project and for the safety of all workers involved.
- Pray for our city! For God to reveal Himself in transforming ways.
- Pray for boldness to reach our community with the love of Jesus.