

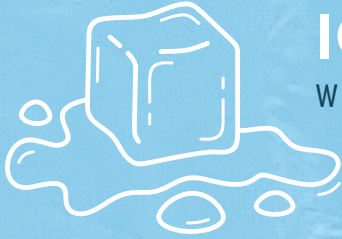
PRAYER

AND

fasting

DAYS OF

WEEK *one*



ICEBREAKER

What advertising jingle gets constantly stuck in your head?

Set the tone for today's discussion by entering into a time of worship with your group. You can use your own playlist or the QR code for the Worship Playlist provided below.

WORSHIP



DISCUSSION

This week, we'll be diving into the Lord's Prayer and what it means to our prayer lives today. Start out by reading the Lord's Prayer in Matthew 6:9-13.

Jesus provided us with the Lord's Prayer as a model to teach us how to pray in a way that brings us closer to God. The Lord's Prayer encourages us to:

- Connect with the Lord relationally
- Worship His Holy Name
- To give forgiveness and to receive forgiveness
- Engage in spiritual warfare
- Declare our faith in His ability as Lord over all.



- How important is prayer in your everyday life? What habits or practices do you have that reflect that?
- Prior to today, what were your thoughts and/or experiences with the Lord's Prayer? Have you heard explained in this manner before?
- In the Lord's Prayer, we have to express our dependence on God. How comfortable are you with bringing your needs to the Lord?
- What hurdles do you need to overcome to nourish/establish a healthy prayer life? How can the people in your life help?
- In what ways do you want to see your prayer life grow or change over the next few weeks?

PRAYER REQUESTS/PRAISE REPORTS

Spend the next few minutes collecting prayer requests and praise reports from your group members.



GROUP PRAYER TIME

Spend time praying for each other as a group.

FOCUSED PRAYER

On your own, spend the next few minutes praying over the following prayer areas: The Lost, Salvation, Healing and Restoration/The Church, Serving and Discipleship.



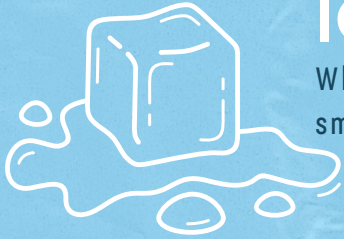
CLOSING PRAYER

Thank You for teaching us a way to pray that brings us closer to You. Thank You for showing us how to pray Your powerful word and this powerful prayer. Help us implement this into the rhythm of our prayer lives. When we pray, help us desire to seek you relationally, to worship you, to ask for and give forgiveness, to pray against spiritual attacks, and to declare our need for your righteousness. Remove the obstacles that hinder our prayer lives. Show us how to make prayer a priority. We pray that we grow in prayer, closer to you, and in closeness as a group over the next few weeks. We're excited for what You have planned for us. Amen.



Practice implementing the Lord's Prayer as your model of prayer this week. Write out a personal prayer using the Lord's Prayer as your outline. Make a list of your needs and practice praying for them this week.

WEEK *two*



ICEBREAKER

What apps would you keep if you had to uninstall all but three from your smartphone?

Set the tone for today's discussion by entering into a time of worship with your group. You can use your own playlist or the QR code for the Worship Playlist provided below.

WORSHIP



DISCUSSION

We're diving into the Prayer of Jesus in John 17. Jesus teaches us the importance of intercession, the power of praying on behalf of another. Jesus starts by praying for Himself, but then he moves into praying for his disciples, and then he prays for future believers. That's us! How amazing is it that Jesus interceded for us, and we were yet nowhere to be found. What a perfect example of the love of Christ. James 5:16 tells us how powerful it is when we pray for other people. As Christ followers, let's make it a rhythm to lean into the power of intercession for our brothers and sisters in Christ.

QUESTIONS

- Share a time in your life where someone offered to pray for you. What happened? How did you feel?
- What do you think about Jesus starting the prayer by praying for Himself?
- How often do you make time to pray for others?
- What themes do you notice in John 17 and how are they important to intercession?
- Is intercession a part of your prayer life? If so, how? If not, what would it look like to do so?

PRAYER REQUESTS/PRAISE REPORTS

Spend the next few minutes collecting prayer requests and praise reports from your group members.



GROUP PRAYER TIME

Spend time praying for each other as a group. Spend time praying for the person next to you. Encourage people to stand and embrace each other as they pray for one another.

FOCUSED PRAYER

Spend some time praying over the following prayer areas: Kids, Students, Young Adults and Marriages & Families. If your group is comfortable enough, try implementing the "popcorn prayer" method, where everyone comes together and, one voice at a time, members say their prayer out loud. Let members know that popcorn prayers can be short phrases or sentences..



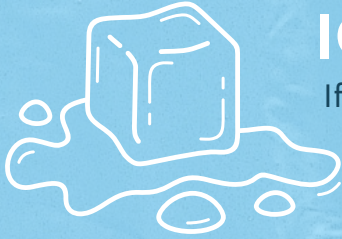
CLOSING PRAYER

Thank You for the reminder of the importance of intercession. Thank You that we get to pray for and with our brothers and sisters in Christ. Lord, You prayed for us before we were created, and Romans 8:34 tells us that You continue interceding for us now. Help us make intercession a normal part of our lives as well. Transform our hearts so we can come to You with humble attitudes. Holy Spirit, speak to us and prompt our hearts to intercede. Help us be available and attentive to the needs of others. Grow our desire to stand in the gaps for others and speak Your power into their lives. And we thank You for those who continue to intercede for us. Strengthen us and empower us to continue to pray without ceasing. Amen.



Continue praying over your group members' requests for the week. Be intentional about sharing any new needs or praise reports that may come up with the group. In an effort to take intercession beyond the group, ask someone outside of your group how you can be praying for them. Ask your server, co-worker, a teacher, or a friend and add them to your list.

WEEK *three*



ICEBREAKER

If all of your clothes had to be one color forever, what color would you pick?

Set the tone for today's discussion by entering into a time of worship with your group. You can use your own playlist or the QR code for the Worship Playlist

WORSHIP

provided below.



DISCUSSION

In 1 Chronicles 4:10, the Prayer of Jabez petitions for four things:

- Blessing - "Oh, that You would bless me..." Jabez acknowledges God as the source of all blessings, just as we should. God is our source of provision and we can trust Him to provide the best for us.
- Influence - "Enlarge my territory..." Jabez prays for God to grow his influence. Today, we can ask the same so we can influence the spaces we're in for the Lord. We can trust that God will lead us on the best path of our lives and for His glory.
- Presence - "Let Your hand be with me..." Jabez asks God to be with him in everything, every day. We need God's presence at all times, not just in crisis.
- Protection - "Keep me from harm." Jabez asked God to protect him because he knew that when you're walking with the Lord, the enemy will try to attack you. And with the Lord with you, there's nothing to fear
- And while we don't know a lot about Jabez, we do know that God granted his prayer. And God wants to bless all of His children, which includes us too. We can trust that when we seek God for our provision, opportunities, guidance and protection, He listens and He acts.

QUESTIONS

- How do you hesitate to ask God for His blessings? Why or why not?
- In your own words, what does it mean to expand your territory? When was the last time you asked the Lord to expand your territory?
- Share a time where you experienced or witnessed God's Hand at work in your life.
- What does God protect you from? What does He want to protect you from but you struggle to let Him?
- How have you grown in your prayer life over the last few weeks? Where have you been challenged?

PRAYER REQUESTS/PRAISE REPORTS

Spend the next few minutes collecting prayer requests and praise reports from your group members.



GROUP PRAYER TIME

Spend time praying for each other as a group. Separate into prayer pairs and take turns praying for each other's needs.

FOCUSED PRAYER

Spend some time praying over the following prayer areas: Government leaders, first responders, healthcare workers/Our city, our nation, our world. Separate the group into halves and give one half the first area to pray over and the other half will pray over the second area. Halfway through, trade prayer areas.



CLOSING PRAYER

Thank You for this time of prayer and discussion tonight. Thank You for the last few weeks we've gotten to spend exploring our prayer lives. Thank You for the Prayer of Jabez and showing us a different way to seek You. We pray for Your blessings so we can be generous and share Your love with others. Equip us and give us the opportunities and tools that we need to point people to You. Give us influence in the spaces You've placed in and if so, move us to where You need us to be. Surround us with Your presence because without you, we are nothing. And finally, we pray for your protection. Protect us physically, mentally and emotionally from the enemy's attacks as we keep getting closer to You. Help us continue to pray for ourselves and for each other. Give us the words when we don't know what to say. In Jesus' name, Amen.



Continue developing your posture of prayer. Keep seeking new ways to pray in scripture. Continue to share prayer requests and praise reports with your group members and find a prayer partner. Be consistent and persistent with your prayers. Consider starting a prayer journal with your prayers so you can document your prayers and when God answers them.

RESOURCES



PRAYER*requests*

PRAYER*guide*





21 DAYS OF FASTING FOR
HOPE

1-2