

## START HERE: PRAYER

**Key Passages:** Matthew 6:5–13; 2 Chronicles 7:14; Jeremiah 29:11–13; Hebrews 4:14–16

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## BELONG

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### Ice Breaker Question:

Take a few moments and answer Tyler's opening question to his sermon: Have you ever been around someone who you know has a significant prayer life? What describes them?

*Leader Notes: Encourage participants to think about people who modeled authentic prayer lives. Look for descriptions like "peaceful," "faith-filled," "consistent," or "humble." Connect these examples to what it looks like to truly "live prayer" rather than just "say prayers."*

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## BELIEVE

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### Prayer is More Than Words. Read Matthew 6:5-8.

1. **Why do you think Jesus warns against praying just to be seen by others? How can our motives in prayer drift over time?**

*Leader Notes: Guide participants to consider the heart posture Jesus describes—avoiding prayer as a performance. Discuss how true prayer seeks God's presence, not human approval. Sample Answer: "Sometimes we can pray in a way that tries to impress others, but Jesus invites us to pray honestly before God, who already knows our hearts."*

2. **Hebrews 4:16 says we can approach God's throne "with confidence." What keeps people from praying with boldness, and what helps restore that confidence?**

*Leader Notes: Encourage discussion around feelings of unworthiness, shame, or doubt. Emphasize that through Jesus, we are welcomed into God's presence without fear. Sample Answer: "Remembering that Jesus understands my struggles helps me pray more freely, knowing I'm fully accepted."*

### Prayer Changes Us. Read 2 Chronicles 7:14.

Tyler shared that prayer is about seeking God with all your heart. What do you think it looks like to "seek God with all your heart" today?

*Leader Notes: Focus the group on intentionality—making time, focusing attention, and praying with honesty and persistence. It's about not just praying when I'm desperate but choosing daily to connect with God first.*

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## BECOME

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We don't grow in prayer by accident. We grow by making it personal, real, and central to our lives. Read Matthew 6:9–13 (The Lord's Prayer)

1. **Tyler challenged us to move from "repeating prayers" to "relational prayer." How can you make your prayer life more relational this week?**

*Leader Notes: Challenge the group to think of prayer as an ongoing conversation with God, not just a list of requests. Talk to God throughout your day, even about small things, and not just in formal moments.*

2. **What is one specific way you want to grow in your prayer life after today's conversation?**

*Leader Notes: Encourage specific, measurable steps (e.g., setting a prayer time, journaling prayers, practicing adoration/confession/petition/thanksgiving as Tyler modeled). Find one person to encourage by praying for them specifically and telling them you prayed. Memorize Hebrews 4:16 as a reminder of your confidence in prayer.*

