

Spiritual Fitness: Prayer

Warming Up

1. What's important for you in friendship? How do you develop a deep friendship?
2. What does intimacy mean to you?

Into the Topic

Read Romans 5:9-11 - Developing Friendship

3. What does it mean to be reconciled to God? How does that change our interaction with him?
4. How do you develop a friendship with God?

Read 1 Samuel 16:7 - Praying Honestly

5. If God looked at your heart, what would he see? How does affect how you pray?
6. What are some ways to pray honestly?

Read Matthew 6:6 - Praying Intentionally

7. Jesus is talking about how we should pray in this passage - not for show, but from the heart. But what do we see about intentional praying in this situation?
8. When do you pray? Do you have a set time or location? What sorts of things help you to pray?

Read 1 Thessalonians 5:16-18 - Praying Constantly

9. What does it mean to "pray without ceasing"?
10. Why does Paul ask us to do these things in these verses?
11. What are some things that affect your heart of prayer?

Moving Forward

"Prayer may not change things for you, but it for sure changes you for things." ~Samuel M. Shoemaker

"Prayer is not merely an occasional impulse to which we respond when we are in trouble: prayer is a life attitude." ~Walter A. Mueller

12. How is your prayer life?
13. Do you prefer praying with people or on your own?
14. What are some ways you can develop your prayer friendship with God?
15. What can you do this week to pray intentionally?

Life Together

Living in community is not just a good idea, it is a God idea. Spiritual training like loving one another, serving each other and the community, and allowing others to help shape us like iron sharpens iron, best happen in a community.

16. How can you encourage each other to pray?
17. Spend some time thanking God, and praying for one another.