

January 4, 2025

## Prayer (Zephaniah 3:17)

*Warmup: If you could receive a text message from God every morning, what would yesterday's have said?*

### REFLECT

- Life is full of things that compete for our attention—work pressure, family needs, digital noise, stress, and exhaustion. Which specific distractions tend to interrupt your rhythm of prayer, and how do they usually show up in your week?
- Sermon quote: “Doing life without prayer is like playing football without a football.” In what season of life did you feel spiritually unprepared, empty, or directionless?
- Zephaniah 3:17 says God delights in us and quiets us with His love. When in your life have you sensed God inviting you back into His presence, even when you weren't praying consistently?
  - What did that invitation feel like?

### READ Matthew 6:9-13

- Prayer is to orient your whole self, Godward. Using the acronym PRAY (Pause, Rejoice, Ask, Yield), how do you personally practice orienting yourself Godward?

### READ Psalm 22:1

- When have you felt like your prayers weren't working or were a “failure”? What was happening during that season?
- While a consistent prayer life is a spiritual discipline, your prayer life is also God's work. We cannot pray without the Holy Spirit's help. How have you experienced the Holy Spirit helping you pray?
- Sometimes we do not receive what we ask for, but in prayer we always receive \_\_\_\_\_?

### RESPOND

- What is one practical way you will intentionally create Godwardness today and tomorrow?
- Who will you ask to encourage or mentor you in orienting your whole self in prayer?

*“To transform religious and irreligious people into Fully Devoted Followers of Christ.”*