

prayer

myths, lies & misconceptions

ICEBREAKERS

- What are some misconceptions about prayer that you have had?
- What are some struggles that you have had in your prayer life?

DISCUSSION QUESTIONS

1. Read Matthew 6:5-8
2. In what ways have you limited your prayer life?
3. Today in church we prayed for 2 minutes. Was that a difficult exercise? Why or why not?
4. What routines have you created that help you in your prayer life? What routines do you need to create?
5. If God knows what we need, why is it important that we take time to pray?
6. Garrett said, "Prayer is about progress not perfection." In what ways can you make progress in your prayer life this week?

NEXT STEPS & PRAYER REQUESTS

- Spend some time in your group tonight praying for each other. Pray specifically for requests that have been made today.
- Pray for 2 minutes a day for the next 7 days.
- Keep a prayer journal documenting your prayers and God's answers!