

# prayer

## myths, lies & misconceptions

### ICEBREAKERS

- Do you consider yourself a person who finds it easy to ask for help? Or are you the complete opposite, you'll just do it yourself?

### DISCUSSION QUESTIONS

1. What's your first reaction when trouble comes, a crisis arises, etc.?
2. Take time to read James 5:13-18. What verses stand out to you?
3. Have you ever wrestled with the question: *Why pray if God already knows what's going to happen?* What would your response be to someone who doesn't follow Jesus if they asked this question?
4. Why is it so easy to consider prayer a last resort instead of a first reaction? Is there a habit or way of thinking we must change?
5. Jeremy said, "Prayer doesn't change God. Prayer changes things and if not things, prayer changes you." Have you ever experience this? If so, how did prayer change you?

### NEXT STEPS & PRAYER REQUESTS

- Take the words in James 5:16 literally. Confess and pray with each other.
- Begin the habit of praying for two minutes every day, write your prayers down in a journal and/or start a YouVersion Bible App plan on prayer.