



# PERSONAL DISCIPLESHIP

## SESSION 7: PRAYER & DISCIPLESHIP

A personal prayer habit is vitally important in the life of a disciple maker. Not only does it remind us of our dependence upon God for sanctification, but we must also model healthy prayer disciplines in our discipleship of others.

***We learn how to pray by praying.***

### Reasons We Fail to Pray

1. **Lack of** - We are doers by default. Relying on a God we cannot see with requests we cannot handle requires faith.
2. **Lack of** - We talk awkwardly if we don't know the person to whom we are talking. God wants to hear our prayers because he is a good Father.
3. **Lack of** - Distractions can ruin our prayer life. Conflicts, concerns, and chores fill our minds and hinder us from persevering in prayer.
4. **Lack of** - The problem of prayer is not the content or the recipient – its the method. Prayer isn't boring – we are.

### Reasons We Should Pray

1. Jesus **taught** **that prayer is important** (Matt. 6:5-8; Matt. 7:7-8; Matt. 9:36-38; Matt. 21:22; Matt. 26:41). Through his teaching, Jesus emphasized the priority of prayer.
2. Jesus **prayed** **that prayer is important** (Mark 1:35; Luke 6:12; Matt. 14:23; Luke. 22:39-41). Through his example, Jesus indicated our need to pray.

## Ways We Can Pray

1. **Prepare prayer** . When I prioritize prayer at certain times, it becomes more habitual all the time. Setup prayer reminders throughout your day.
2. **Refresh prayer** . If prayer time in your home or group is boring, then change it up. Get creative and keep prayer times fresh.
3. **Identify prayer** . Learn how to view the world through the lens of prayer. Look for triggers throughout the day that can serve as calls to prayer.
4. **Maintain prayer** . Reinvigorate your faith as you keep track with how God answers prayer. Create a guide to make sure you pray for differing focuses.
5. **Establish prayer** . The best words to use in prayer are God's Words. When we pray Scripture, we are not led by our feelings but guided by truth.

*If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you (John 15:7).*

## Prayer Passages

- **Praying the** increment of 30. - Take the calendar day of the month, and pray that psalm or an
- **Praying the** expand on each focus. - Pray through each line of Jesus' prayer (Matt. 6:9-13) and
- **Praying the** prayers. - Use your Bible reading plan to provide direction for your