

# Knee Deep

## The problem of prayer | Week 1

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Prayer has many misconceptions. What is Biblical prayer? God listens and cares. God wants us to talk to Him. Prayer is powerful and effective. Let's recalibrate our attitudes & develop a thirst for prayer.

### THIS WEEK

#### **Memorize:** James 5:13

Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise.

#### **Action Step**

Ask someone how you can pray for them. Pray regularly. Follow up in a week to see how they are doing.

### DAY ONE: What is Prayer?

**Read:** Genesis 3-4

#### **Ask**

1. How would you explain "prayer" to someone who had never heard the word? When you pray, what does it feel like? A dialogue? Monologue? Just listening? Reciting something?
2. God walked and spoke with Adam & Eve in the garden. Is this different than prayer as you define it? How can this be a model of prayer?

### DAY TWO: Praying Less

**Read:** Psalm 1

#### **Ask**

1. What obstacles have you encountered that have encumbered your willingness to pray?
2. What are some reasons why we pray less than we should? Can you pray too much?

### DAY THREE: Learning to Pray

**Read:** Psalm 2

#### **Ask**

1. What is something you prayed for that God gave you? Didn't give you? If you could ask God for anything, knowing he would give it - what would that be?
2. Pastor Dave made the comment that it's often hard to pray. When is prayer hard for you? How come?

## **DAY FOUR: Relational Prayer**

**Read:** Psalm 3

### **Ask**

1. Think of someone you're close to. How similar is your prayer life to your communication with this person? Should it be?
2. How can prayer with God be conversational? Can it be too casual?

## **DAY FIVE: Prayer Recalibration**

**Read:** Psalm 4

### **Ask**

1. What are some needs that drive you to pray?
2. How can you build time into your day to pray?