

Practice  
Makes  
~~Perfect~~  
*Progress*

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*Praying*  
week 2

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# Praying week 2

**Pray this:** God, Give me a heart to grow in prayer. Remind my heart that nothing will satisfy like resting in your presence. God, help me develop a regular practice of prayer! I want to pray more often, I want to hear from You. Give me the discipline to become a person of prayer, starting now.

Amen.

# Group Activity

**Take some time with your House Church, family, or a friend to go through this activity together.**

The only wrong way to pray is to not do it at all. There are many ways to pray. Everybody's relationship with God is unique so everybody's prayer life will be unique too. Spend some time on each of the following prayer practices.

- ***Praying the Psalms:*** The Psalms can give us words when we don't know what to pray. They can also inspire us to pray for things we might not have thought of on our own. Read Psalm 86 out loud as a prayer.

What line from this Psalm stood out to you?

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- ***Praying by Journaling/Doodling:*** Set a timer for 3 minutes and take some time to journal or doodle your prayers in the space below.

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# Group Activity

■ **Listening Prayer:** Prayer is a two-way conversation. Sometimes we need to listen more than talk. We can hear God through scripture, music, and in silence. Set a timer for five minutes and focus on hearing from God.

- Get in a comfortable position.
- Turn on a worship song. Suggestions: Not in a Hurry by United Pursuit, Holy Spirit by Bryan and Katie Torwalt, Give Me Faith by Elevation Worship
- Sit in silence or read scripture.
- Try to clear your mind and keep yourself from getting distracted. Focus on listening instead of talking.

■ **Partner Prayer:** Prayer does not have to be a solo effort. It can be helpful to speak a prayer request out loud and hear someone else pray for you. Pair up with someone in your group. Try to pick someone you're not related to if possible. Share prayer requests with each other, then pray for each other out loud.

Prayer Requests from your partner:

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# Group Discussion

1. Which of the four prayer practices did you enjoy the most? Why?

2. Which of the four prayer practices was hardest for you? Why?

3. In your personal prayer life, what has worked well for you in the past?

4. How would you rate your prayer life on a scale of one to ten? One being weak and ten being strong. Why did you pick this number?

5. What obstacles or challenges have you encountered in developing a consistent prayer life?

6. How would you explain the purpose of prayer?

7. Our prayers usually fall into one of five categories: Praising God, Gratitude, Confession, Petition (asking for something for me), and Intercession (asking for something for someone else). Which category is the most frequent for you? Which category do you need to pray more often?

## My Growth Plan

**Make a plan to grow in the next year.**

I plan to grow in my prayer life by:

- o Finding a daily time to pray
- o Praying through The Lord's Prayer this week
- o Sharing prayer requests with a friend
- o Reading through the Book of Psalms
- o Praying with my spouse/kids
- o Reading a book on Prayer
- o Other: \_\_\_\_\_

Who can help you be successful with this growth plan?

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# Resources

Not sure how to start praying? Jesus said, "Pray like this." Pray your way through The Lord's Prayer this week.

## ■ Day 1

*"Our Father who art in heaven, hallowed be thy name."*

Praise God for who God is.

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## ■ Day 2

*"Thy kingdom come. Thy will be done, on earth as it is in heaven."*

In what ways does the world need to change to look more like heaven?

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## ■ Day 3

*"Give us this day our daily bread."*

What do you need for today? Think physically, spiritually, and emotionally.

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## ■ Day 4

*"Forgive us our trespasses."*

What sins and shortcomings do you need to confess?

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## ■ Day 5

*"As we forgive those who trespass against us."*

Who do you need to forgive?

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## ■ Day 6

*"Lead us not into temptation, but deliver us from evil."*

What actions, words, and thoughts have been hurting you and others?

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## ■ Day 7

*"For thine is the kingdom, and the power, and the glory forever."*

In what areas of your life do you need let go of control and hand it over to God?

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## Book Recommendations

*o Prayer* by Richard J. Foster

*o How to Pray: A Simple Guide for Normal People* by Pete Greig

*o Prayer* by Timothy Keller

## Scripture Reflection

**Take a moment to write Matthew 6:5-13 in the space below.**

What word or phrase stuck out to you? What is it that God may be speaking to you through this passage? Is there a next step you need to take?

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## Pray

- o Thank God for who He is and His faithfulness in your life.
- o Who are you praying for today?
- o What challenge or situation do you need God's guidance in this week?
- o What is a need your family has this week?





Prayer *does*  
*not change God,*  
*but changes him*  
**who prays.**

-Soren Kierkegaard





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Office Hours

Monday-Thursday: 9:00 am - 3:30 pm  
*The office is closed on Fridays*



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