



## BREAKING THE ICE

---

What are some of your favorite rhythms in your life?

If there was one new rhythm in your life you could create what would it be?

Last week we talked about serving someone in our community. How did you serve someone last week?

## MAIN CONTENT

---

This week Pastor Kevin talked about the Sacred Rhythm of Prayer. As a follower of Jesus we have certain rhythms we can engage in to draw closer to Him. Worship, Rest, Confession, Scripture and Prayer are some rhythms we can utilize to continue to follow Jesus and for rest and recovery in Him.

1. Which rhythm is easy for you to engage in: worship, rest, confession, scripture, prayer?

When we have a rhythm of prayer our hearts get into sync with God. All of us could use more prayer time with Him. Even Jesus' disciples asked Him to teach them how to pray. The first thing Jesus taught them was Matthew 6:5-15.

### **Read Matthew 6:5-15**

2. What is your favorite part of the Lord's Prayer?

This scripture talks about when we pray not if we we pray. It's important for all of us to have a prayer life. When we pray it's keeping company with God. Yes, He already knows the desires of our heart but He wants to engage with us.

Pastor Kevin said, "Prayer is being inaccessible to others so you can be accessible to God".

3. What does being inaccessible to others so you can be accessible to God look like in your life?

When we are accessible to God, we allow Him to feel the needs we have. These could be needs we aren't even aware of.

Keeping company with God can look like a few things: it can be journaling, resting in Him, praying,

reading your Bible. All of these things can be a prayer to Him. God enjoys our company. He wants to be with us.

4. What does your prayer life look like? If you don't have a set prayer life, what keeps you from praying?

God loves us. We are never a burden to Him. And even if we come to Him with words that don't seem perfect, stumbling over what we are trying to say, He is overjoyed to spend time with us. If things matter to us, they matter to God.

5. Describe a time you prayed for something and you saw God answer your prayer.

Jesus made it easier on us to pray by giving us the Lord's prayer (read earlier) to start. When you don't know how or what to pray, start there. But remember you can pray to God about what you are thinking, feeling and asking for clarity on. He just wants to keep company with you.

Praying to God on our own is a great way to start. God also wants us to pray with others. Praying with others can help build our faith and encourage us. We can learn from others how and what to pray. We don't have to be exactly like them but we can pray in agreement with them.

6. How easy or difficult is it for you to pray with others? If it's difficult, what keeps you from praying with others?

When we gather together to learn more about Jesus and pray together we grow stronger in our dependence and trust in Him.

When we don't have a life with prayer we are saying, "God, I have this. I don't need your help". His help is much better than what we can do on our own. His way is the better way. Always. And it all starts with asking Him to teach us how to pray.

7. Where do you need to grow in your prayer life today?

8. How can we pray for each other today?

## CLOSING PRAYER

---

God, we know how important it is to have a life of prayer and to keep company with you. Where we have filled our time doing other things will you please show us? Where we have placed our wants over you, please reveal that to us. Will you please teach us how to pray? Will you help us pray for one another with one another? Help us live a life where we pray first. Amen.

## ACTION STEP

---

- + Partner up with someone in your group and pray for each other. Keep each other accountable to be praying for one another this week. Check in with each other throughout the week.
- + Plan a prayer night for your group. We have resources to help you spend some time in prayer as individuals and a group.
- + Attend a prayer time with your local Cross Point campus.
- + Take the first 10 and last 10 minutes of your day to pray, journal, sit still with God. Just keep company