



INTRODUCTION

Part 7 - Creating a Plan to Pray

As Christians, one of the most powerful and underutilized resources we have is prayer. The New Testament writer James wrote, "You have not because you ask not."

God invites us to talk with him about everything we face in life! He is a Father who loves to give good things to his children. But often, we are like the disciples of Jesus, who said to him, "Teach us to pray." We don't know how to pray or what we should pray about.

This message series is titled, Ask. Let's explore together how amazing prayer is and how we can grow more effective in prayer.

DISCUSSION QUESTIONS

1. Do you think most people pray as often as they should or would like to pray? What about most churches? Do you think most churches could be described as "a house of prayer?" Explain your answer.
2. Read Psalm 55:16-17, Daniel 6:1-10 and Acts 10:9-10. What are some of the advantages to having particular times set aside to pray? Why do you think David and Daniel prayed in the morning, noon and evening?
3. Some have suggested using the "A.C.T.S. approach" to prayer, where each letter of the word stands for an aspect of prayer. The A stands for adoration. Adoration focuses on the attributes of God that cause us to stand in awe of him. What are some God's attributes? Why do you think adoration is important in prayer?
4. The C in the acrostic "A.C.T.S." stands for confession. What are some of the things we should confess before God? Read 1 John 1:9. Why is confession important for any relationship?
5. The T in the acrostic "A.C.T.S." stands for thanksgiving. What is the difference between adoration and thanksgiving?
6. Read Psalm 103. What are some of the things for which we should be thankful? Why do you think we don't thank God more for all he's done for us?
7. The S in the word, "A.C.T.S." stands for supplication. Supplication refers to the requests we make of God. How would you respond to someone who said, "It's selfish to pray about our own needs and wants?" What are some things we can ask God for?
8. What are you willing to do in order to make sure prayer becomes a vital part of your life?

APPLICATION

How can we make sure that prayer becomes a vital part of our lives? ...that we are taking advantage of opportunities to pray? ...that prayer is a vital part of the church? By making the decision to pray more and to plan to pray more effectively.

Planning to decide to pray, and coming up with a plan to pray are both important. In the Bible, David, Daniel and Peter all seemed to be willing to devote specific times of their day to prayer. They seemed to plan prayer into their days as a habit. If we don't make a plan to pray, it is likely that we won't end up praying. If we do create a plan to pray, it is likely that we will end up praying.

What can you do in the next 40 days and beyond? Plan. Go deeper. Think about a change you'd like to see this year. Choose to find more intimacy with God. Plan for a new beginning. Commit to a daily habit. Talk with God. Plan to pray, and decide on a plan for prayer.

KEY VERSES

James 4:2

Psalm 55:16-17

Psalm 5:3

Psalm 92:1-2

Lamentations 3:22-23

Daniel 6:1-10

Acts 10:9-10

Acts 3:1

1 John 1:9

Psalm 103