



Why Pray? WEEK 1 DISCUSSION GUIDE

Overview

In this message of the new series entitled *LifeLine*, we will discover the reasons why people don't pray and the power and importance of the progression of prayer.

Discussion

Jesus says in **Mark 11:23**: ***"For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says."*** Jesus clearly tells us that we can experience mountain-moving power on earth through prayer and faith in God. **Mark 1:35** says: ***Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.*** Jesus needed the LifeLine that only comes from prayer. He needed to talk to His Father. If Jesus needed the practice and power of prayer – how much more do we?

Four Reasons Why People Don't Pray:

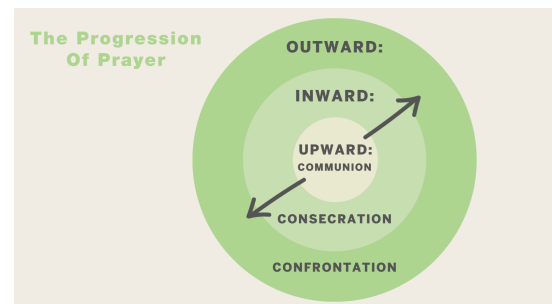
1. We are not sure how to pray.
2. We get bored and distracted.
3. We think our requests are too small or big for God.
4. We are not sure if our prayers make a difference.

- Why do you think Jesus prayed?
- Have you ever experienced any of the four reasons why people don't pray?
- Share some ways that you would teach someone to pray that doesn't know how to.
- How can we remove distractions from our prayer lives?

The Progression Of Prayer:

1. Upward Prayer | Communion with God

The starting point of prayer is a relationship with God. When an individual receives Christ, they are forgiven of their sins, they come into a relationship with God, and the communication channel is opened. Prayer then is simply defined as communicating with God. It's here in this first category of Upward Prayer where we commune with and build a dynamic relationship with God. **James 4:8: Draw near to God and He will draw near to you...** Upward Prayer is delighting in God, slowing down, drawing near, and looking to the Lord. Common types of Upward Prayer includes prayers of adoration, worship, and thanksgiving.



- What does "Upward Prayer" mean to you, and how has it impacted your relationship with God?
- Why is it important to slow down and take time to commune with God in our busy lives? How can we make this a priority?

2. Inward Prayer | Consecration To God

This is where God begins to speak to us about us. This is where we open our hearts to His. Jesus modeled Inward Prayer for us in the Garden of Gethsemane, just prior to the grueling crucifixion in **Luke 22:42** saying, ***"Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done."*** This is one of the most powerful ways God changes and transforms us. This is where we bring our dreams, our hopes, our pains, our insecurities, our challenges, and our fears and lay them at His feet. Common types of Inward Prayer include prayers of consecration, commitment, petition, and supplication. Inward Prayer is where God cleanses, purifies, changes, and grows us.

- How does Inward Prayer or consecration to God impact your personal transformation?
- Can you share a personal experience when Inward Prayer played a significant role in your life, helping you address challenges or fears?

3. Outward Prayer | Confrontation In Partnership With God

This is where we partner with God and circumstances begin to change. We ask for God's help to confront the enemy and see God's kingdom and dominion come to earth. We learn in **Genesis 1:27-28** that Adam originally had dominion in the Garden of Eden. Yet, he committed high treason when he and Eve sinned against God and handed over the dominion of the earth to Satan. However, at the cross, Jesus took the dominion back and gave it to His Church. Now, we can pray by the authority of Christ and see things change in our circumstances in the natural. Through Outward Prayer, we can influence every sphere of society and take dominion in the natural realm.

Intercessory Prayer is one of the most practical ways we pray outward. **Ezekiel 22:30: "So I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one."** God's looking for people who will stand in the gap and intercede for others. Common types of Outward Prayer include prayers of intercession, faith, and agreement.

- How can Outward Prayer be a powerful tool for transforming circumstances and bringing God's kingdom to Earth?
- What motivates you to engage in intercessory prayer? Are there specific situations or people you feel compelled to intercede for?
- Can you share a personal experience where Outward Prayer led to a significant change or impact in a specific area of society or the world?

Life Challenge

Reflect on the four reasons Why People Don't Pray. Are there any that you relate to? Think about how you can remove those barriers to engage in a better prayer life and relationship with God. Look at the Progression of Prayer and engage in each one this week—Upward, Inward, and Outward.

Prayer Requests & Close In Prayer