



HABIT 7

PRAYING REGULARLY

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Prayer in many ways is a defining feature of genuine relationship with God. We can imagine a person reading the Bible regularly and treating it merely as an object of study, but it's hard to imagine someone regularly praying to God without having some aspect of genuine faith. Likewise, if someone says they have a relationship with God but never speaks to him it should make us ask questions as to the authenticity of that relationship. In this study, we will explore two passages relating to prayer and seek to encourage one another to pray regularly and genuinely.

Read Luke 5:1-16; Matthew 6:5-15.

Context

1. Look at Luke 5:1-16. What kind of external pressures did Jesus face and how would this impact his opportunities to pray?
2. In Matthew 6:1, what improper attitude does Jesus challenge and how does it relate to his later teaching on prayer from 6:5-15?

Observation

3. Jesus withdrew from healing people to devote time to prayer. Some may criticise such a decision. What might you say in his defense?
4. Matthew 6:9-13 contains the Lord's Prayer. What elements are included in the prayer and what does it tell us about how to pray?

Meaning

5. Why does Jesus say the length of a prayer does not contribute to being heard (Matthew 6:7)?
6. If God knows what we need before we pray, why should we bother praying (Matthew 6:8)?
7. Given Jesus' focus in Matthew 6, what are the risks of developing a consistent, daily habit of prayer? See also Luke 18:9-14.

Application

8. What are our biggest barriers to praying regularly?
9. Luke 6:15 tells us that Jesus' had a habit of withdrawing to 'lonely places' to pray. How can you develop consistent times of solitude (undistracted time) in your life so that you can pray?
10. At what times and for how long will you aim to pray each day?