

## GO DEEPER

use these questions for further study

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What is your general attitude toward prayer? Is it something you find easy, hard, energizing, stressful, confusing, fun, obligatory, etc.? Why?

Have you always felt this way or has it changed over time?

What is your gut-level response to the command to “pray continually”?

How did you learn to pray? Who taught you? Was it an intentional process?

Is prayer something we should naturally know how to do or is it something we need to learn how to do? Explain

How do we learn to pray?

Pastor Adam named five common struggles (too independent, too distracted, too “grown up”, too cerebral, too cynical). Which of these five struggles do you relate to?

Is it hard to admit that you are helpless? Why or why not?

Consider praying while kneeling, bowing, or lying face-down to physically remind yourself of your helplessness

What causes distraction in your life?

Which of these distractions are within your control to change?  
What practical step can you take to remove them?

What does it mean to become childlike in prayer?

What does it look like to rely on God’s wisdom instead of yours?  
How might you incorporate fun and play into prayer?

In what ways does cynicism show up in your attitudes toward prayer?

Cynicism is often the result of past hurts, are there hurts, failures, or other past pain which affect your relationship to prayer?

If so, spend time meditating on God’s love and then bring this hurt to God in prayer.

What is one small risk you can take in prayer?

**Prayer Practice:** Pray the prayer printed on the other side of this sheet each morning this week. You can say it when you wake up, as you make coffee, or in the car before you leave for work.

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Meet me, O Christ,  
in the stillness of morning.  
Move me, O Spirit,  
to quiet my heart.  
Mend me, O Father,  
from yesterday's harms.

From the discords of yesterday,  
resurrect my peace  
From the discouragements of yesterday,  
resurrect my hope  
From the weariness of yesterday,  
resurrect my strength  
From the doubts of yesterday,  
resurrect my faith.  
From the wounds of yesterday,  
resurrect my love.

Let me enter this new day,  
aware of my need,  
and awake to your grace,  
O Lord.

Amen.

Written by Douglas Kaine McKelvey

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