LIVIN' ON A PRAYER

15 JUNE 2025



Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

— Mark 1:35 (NIV)



PRAY

- Thank God for an answered prayer this week.
- Thank God that we can come to Him in prayer anywhere, anytime, all the time, as our loving Father.

MEDITATE

Engage



Start the conversation with this question...

When something goes wrong, what's the first thing you tend to do?

Key Points



- How do we pray to God as our Father? Jesus showed us how.
- He prayed regularly. Praying wasn't an afterthought; it was part of His lifestyle.
- He talked to God intimately. This meant He didn't pray to impress others. He talked with His Father openly, honestly, and from the heart.
- He prayed with a submissive heart, trusting God. Even when God's will was hard, Jesus chose to follow it.
- Jesus set the example for how we can pray, too. We can bring anything to God, even our emotions and struggles. But we also need to be humble to trust Him and submit to His will.
- As we pray, let's be grateful no matter the circumstance; faithful to pray even when it's hard; and open to the Holy Spirit, who helps us when we don't know what to pray.

Discuss Together (pick at least one)

- What helps or hinders you from praying regularly?
- Do you find it easy to be honest with God?
 Why or why not?
- What does it mean to you to pray "not my will, but Yours be done"?

PROCLAIM

Declare this truth based on your identity in Christ

Key Truth

I am a child of God, and I can come to Him in prayer anytime, anywhere, all the time.

Pray Together (pick at least one)

- Thank God for being a Father you can talk to about anything!
- Ask Him to help you make prayer a daily habit that's as natural and regular as breathing.
- Pray for each other's prayer requests.

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Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

— Matthew 26:39 (NIV)