

## The Posture of Prayer – Week 3

### Message Based Curriculum

#### Opening

- Just like daily routines help us stay on track, a consistent practice of prayer helps us stay connected to God.
- Prayer is not just for emergencies—it is meant to be a constant part of our lives.

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#### Discussion Questions

##### 1. CONNECT

- What is one habit or routine that helps keep your life on track (e.g., morning coffee, exercise, journaling)?
- How does missing that routine impact your day?

##### 2. DISCOVER

- Read **1 Thessalonians 5:16-18** together.
  - (For more context on the book of 1 Thessalonians, I recommend watching The Bible Project video explaining the purpose of the letter. You can find it on YouTube or at bibleproject.com)
- What stands out to you about Paul's command in this passage?
- Paul wrote this letter to a church experiencing hardship and persecution. Why do you think he highlights joy, prayer, and gratitude?
- What does it mean to pray without ceasing? How would it change the way we live?

##### 3. APPLY – 4 Ways to Cultivate a Consistent Life of Prayer

*Paul's message encourages us to develop a lifestyle of prayer rather than treating prayer as a last resort.*

- **Pray the Scriptures**
  - Have you ever used Scripture to guide your prayers? How did it impact your conversation with God?
- **Establish Daily Anchors for Prayer**
  - What practical way can you “anchor” prayer into your daily life?
- **Embrace a “Pray Now” Mentality**
  - Have you ever experienced someone praying for you on the spot? How did that feel?
- **Find a Prayer Partner**
  - Who is someone in your life or in our group that you could commit to praying with regularly?

##### 4. RESPOND

- **Self-Reflect:** How is your prayer life right now? Do you consistently commune with God, or does prayer feel inconsistent?
- **Challenge:** Pick one practical step from today's discussion to focus on this week.

- **Group Prayer:** Close by praying together- thanking God, asking for a stronger commitment to a life of prayer, and celebrating and praying for any group needs.