



# ROOTED

## Rooted Week 3 Message-Based Curriculum Guide

### Rooted in Prayer

#### Main Text: Colossians 4:2

#### Opening

- Begin with a **brief welcome and prayer** to set the tone for the group time.
- **Introduce the theme:** This week, we continued the rooted series by talking about what it means to be **rooted in prayer**. If we want to be people who are firmly rooted in Christ, we must be committed to being firmly rooted in prayer.

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#### Discussion Questions

##### CONNECT

- Growing up (or early in your faith), what were you taught about how prayer is “supposed” to work?
- Of the 3 misconceptions about prayer, which feels the most relatable?
  - Fear of not praying correctly
  - Doubt that prayer changes things
  - You don’t feel the need to pray when things are going well

##### DISCOVER

##### *Read Colossians 4:2 together*

- Paul assumes believers are already praying. Why do you think continuing steadfastly is harder than simply starting?
- When do you find it easiest to pray? When do you find it most difficult?

##### *Read Colossians 2:6-7 together*

- How do the ideas of being rooted in prayer and “walking in Christ” relate to one another?
- In both passages, Paul mentioned thanksgiving – being watchful in thanksgiving and abounding in thanksgiving. What do those mean, and what is the significance to prayer?

##### APPLY

##### *Misconception #1: “I don’t know if I’m doing it right.”*

- Do you ever feel like prayer is more about performance than authenticity? Why or why not?

- How does Jesus' teaching on prayer in Matthew 6 challenge the way we approach prayer, especially in a group setting?

***Misconception #2 – “I’m not sure prayer changes anything.”***

- When prayer hasn’t produced the outcome you hoped for, how has that affected your desire to keep praying?

***Misconception #3 – “Life is going well enough on its own.”***

- Why are we so much more naturally inclined to pray in crisis instead of celebration?
- What lesson do you learn from the story of the ten healed men in Luke 17? What do you see in this story that you want to be true in your own life?

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**Pray Together:**

- *Spend some time praying specifically for things that came up in your conversation.*
- *Read Colossians 2:6-7 one more time. Reflect on it, and whenever someone is ready, pray whatever stands out to you over the group.*
- Take time for prayer requests or celebrations of God’s faithfulness.

**GROUP PRAYER**

This week, we are going to tie our prayer requests to what we’ve been talking about:

**CLOSING**

**Remind everyone of ways we are committing to prayer together as a church family**

**(Next Steps):**

- **Choose one thing/person/place to pray about and commit to praying for it every day for the rest of 2026.**
- **Register for Rooted if you haven’t already ([gethope.net/rooted](http://gethope.net/rooted) or Text ‘Rooted’ to 72989**
- **Join in on the church-wide 21 days of Prayer (Hope Church App or Text ‘Pray’ to 72989)**