



## Pray First A Lifestyle of Prayer

**Look Back** – Care, Praise, Loving Accountability, Vision – 20 mins This is a time to see how everyone’s week was. Were they successful in the previous week’s goals? Were they unsuccessful? It’s also a time to pour vision into your group. Give them the why behind things we are doing church wide. **Make sure to have your update outline with you so you can reference different points from the sermon.**

- How did you do with pray first last week? (**Make prayer a PRIORITY, Set a PLACE of prayer, Act on a PLAN of prayer, Know the PERSONS of prayer**)

**Look Up** – What does the Bible say? Practice – 20 mins

- Read Matthew 6:10. What does God’s kingdom come mean to you? Have you ever prayed this way before? If not why not? If so what does that look like for you?
- Read 1 Chronicles 4:9-10. Joe said the name Jabez means “pain” and that it defined his life. Why do you think he didn’t pray for God to just take his pain? What’s your normal prayer when faced with pain? (**Be sensitive that some people will have experienced tremendous pain in their lives. Don’t treat this question flippantly. Be ready to stop and pray with people in your group.**)
- Jabez prayed firstly for blessing. Is praying for God’s blessing something you have ever done before? Matthew 7:11 says that God our Father will give good gifts to those who ask. If God is just waiting for us to ask why don’t we? (**For some this may bring up issues with their earthly father. Understand that so many struggle with this and be ready to speak God the Father’s love for them.**)
- Jabez prayed second for influence. Joe said that we all have influence. Where are you an influencer? Ephesians 3:20 says that God will do more than we ask or imagine by the power at work **WITHIN** us. What areas of your life can you ask for more influence? (**Get specific here. Maybe even write down specific areas people mention so that you can all pray specifically together.**)
- Jabez’s third prayer was for presence. The book of Acts sees great miracles in the early church. 11:21 says that a great number of people became followers b/c God’s presence was on the church. If our power source is God and conducted through prayer why do we not pray? Why do you not pray this more?
- Lastly Jabez prayed for protection. 1 Peter 5:8 paints a horrific picture of predator and prey. If this is what it looks like spiritually why do we not put more weight into praying for God’s protection? (**Jesus instructed us to pray to keep us free from temptation and safe from the evil one Matthew 6:13. Expound on God doesn’t tempt us and that the prayer is more about keep us free of temptations.**)

**Look Forward** – Set Goals (For Accountability), Commission and Pray – 20 mins

Commit to a step and live it out this week.

- Keep the 4 steps of prayer in place (Make prayer a PRIORITY, Set a PLACE of prayer, Act on a PLAN of prayer, Know the PERSONS of prayer).
- Continue to pray through Jesus' prayer (Matthew 6:9-13) every day this week.
- When praying for Jesus' kingdom come add in praying for BLESSING, INFLUENCE, PRESENCE & PROTECTION.
- If you are having difficulty getting started ask for help! Small is a safe place to reach out for encouragement.