



Prayer 101 Discussion Questions

Getting Started:

- Have you ever had an awkward prayer moment?
- Do you usually pray with your eyes closed or open? Do you fold your hands?
- What are the ways you pray?

Getting Personal:

- When do you normally pray? Before meals, in the morning, before bed? Randomly?
- Are there moments or times you find it easier to pray? What makes it harder to pray?
- Have you ever started to pray but didn't know what to say? What did you do in that moment?
- In your opinion, is praying out loud or in front of people hard? If you said yes, why is it hard?
- Is prayer important to you? Why is praying important to you or why isn't it important to you?

Getting Practical:

- How would you get more comfortable with praying?
- What should you think about during prayer?
- What would help you remember to pray?
- Do you have any questions about how you praise, repent, and ask during prayer?
- How will you pray this week?

Prayer Ideas:

Set a reminder on your phone to pray daily.

Commit to pray for one person this week, ask for prayer requests and stay in touch with your group.

Pray while you're driving (with your eyes open!)

Take a few minutes to pray now.



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