

WEEK 1 – Hang Out with God

LESSON OUTLINE

BIG IDEA

A habit of prayer helps you run the race of being a Jesus follower

BIBLE

1 Corinthians 9:24-27; Luke 11:1-4

ABOUT THIS WEEK

This week we'll talk about prayer as the foundation of our relationship with God. Just like athletes train daily, prayer trains our hearts to listen, praise, repent, ask, and depend on Him.

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| WHAT? | Prayer is how we spend time with God—it's the habit that keeps us connected to Him. Jesus modeled prayer for His disciples (Luke 11:1–4) and showed that prayer includes praise, repentance, asking, and listening. Just like athletes have training routines, prayer is the spiritual “workout” that strengthens our relationship with God (1 Corinthians 9:24–27). |
| SO WHAT? | If we don't pray, our faith drifts. Without consistent time with God, we end up running the race of life in our own strength, easily distracted, tired, and discouraged. But when prayer becomes a daily habit, we learn to depend on God's power instead of our own. Prayer isn't just talking into the air—it's entering into the presence of a living God who hears us, loves us, and leads us. |
| NOW WHAT? | <ul style="list-style-type: none">• Pick a specific time and place to pray each day this week.• Use simple prompts (praise, repent, ask, listen) to guide your prayers.• Write your prayers in a journal, or share them with a friend who can encourage you.• Most importantly—start small and stay consistent. The more you practice prayer, the more natural and life-giving it becomes. |