



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.

Let's Break the Ice:

- What is a daily habit you have that you do almost every day?

Bible Study

- Read Together: As a group, read Luke 11:1-4 (*Telos pg. 1014*)

Discussion Questions:

- What stands out to you about the way Jesus teaches His disciples to pray?
- Why do you think prayer was a regular habit for Jesus?
- How does prayer shape the way we face temptation, challenges, or big decisions?
- This prayer models praise, repentance, listening, and seeking God's wisdom.
 - Of those 4, which comes out most naturally when you pray? Which is most unnatural for you?

Challenge Question:

- If prayer is meant to be a daily habit like training for a race, what's one distraction or obstacle in your life that keeps you from making time with God a priority—and what needs to change?

Prayer

Share Requests:

- *Ask for any prayer requests or praises to celebrate together.*

Group Prayer:

- Encourage students to pray briefly for each other's requests.
- Close by thanking God that we can freely approach Him in prayer.

Discipleship Moment:

- This week, pick a set time and place each day to pray. Set a reminder. Next week, be ready to share what worked, what was hard, and what God showed you in that time.

Partner Check-In: If you'd like, pair students to help keep one another accountable.
