



## **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's one thing you do every single day, no matter what?

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### **Bible Study**

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

### **Discussion Questions:**

- Why do you think the disciples asked Jesus to teach them how to pray?
- What's the first thing Jesus does when He prays? Why does it matter?
- Jesus often went to quiet places to pray (Luke 5:16). Where's a place you could go to get away and talk to God?
- How does prayer help us when we're stressed, tempted, or facing tough choices?

### **Challenge Question:**

- If prayer is like hanging out with your best friend, what's one thing that sometimes gets in the way of you spending time with God?

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### **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.

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### **[OPTIONAL] 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.

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