

Session Two

HOW TO PRAY WITH CONFIDENCE

40 Days of Prayer

CHECKING IN:

As you began to be more intentional about praying this past week, does anyone have a prayer insight, experience or story from this week regarding prayer? Was there an insight from your Daily Prayer Journal that was especially meaningful to you this week?

KEY VERSE

“Cast all your care upon him, for he cares for you.” 1 Peter 5:7

VIDEO #2: Watch the video lesson now and follow along on your outline (below). The outline and verses that Matt uses in the video are substantially different than the 40 DOP Study Guide. You might want to print off the outline and verses (below) for each person in your group.

Note: be sure to load the video on your computer prior to watching it in your group. Sometimes it takes some time to load it.

VIDEO NOTES:

When Jesus teaches us to pray, he uses family imagery. He uses a term of endearment. A term of love and security and familiarity and intimacy. And so Jesus is telling us that when we pray to God, our Father in Heaven, he’s not someone we have to be scared to approach. We don’t have to salute him. We don’t have to call him *sir*. We’re actually, in honor and reverence, simply having a conversation with someone who is – or at least can be – close and familiar like family.

One of the reasons many of us don’t have a lot of prayer confidence is because we are not totally clear on what God is really like or who God really is. Once we clear that up, our confidence will skyrocket.

1) God is _____.

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

JOSHUA 1:9

“Go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age.”

MATTHEW 28:19-20

Though my father and mother forsake me, the Lord will receive me.

PSALM 27:10

2) GOD IS _____.

“Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you.”

ISAIAH 49:15

Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?”

MARK 4:38

He said to his disciples, “Why are you so afraid? Do you still have no faith?”

MARK 4:40

Cast all your anxiety on him because he cares for you.

1 PETER 5:7

3) GOD CAN _____.

I am overwhelmed with troubles and my life draws near to death.

PSALM 88:3

You have taken from me my closest friends and have made me repulsive to them.

PSALM 88:8

Why, Lord, do you reject me and hide your face from me?

PSALM 88:14

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

EPHESIANS 3:20-21

DISCOVERY QUESTIONS

Please don't feel pressured to discuss every discovery question. It's okay to choose the questions that are right for your group. The point is not to race through the session; the point is to take time to let God work in your lives.

- On a scale of 1-10, how confident are you with prayer? Why do you give yourself that number?
- In this session we learned that God is with you, God is for you, and God can handle it. Which of these truths has the greatest meaning to you, and why? Which of these truths do you struggle to believe, and why?
- When have you been tempted to believe God wasn't with you? How can you remind yourself that God is with you wherever and whenever?
- Imagine your friend feels like they're drowning, and no one cares, including God. What would you say to that friend to help them realize God is for them and on their side?
- Reread Ephesians 3:20-21. Think of your biggest problem, your greatest dream, your most daunting challenge, or your biggest fear. Not only can God handle it, he can do more than you can even imagine. What are you asking God to do? Is there something you're afraid to ask for or dream of?
- What from this session can help you raise your confidence level in prayer?

PUTTING IT INTO PRACTICE:

We don't just want to be hearers of the Word; we also need to be doers of the Word (James 1:22). This section contains suggestions for your group and for you individually to apply the things you are learning. Be sure to leave time each week to review this material.

IN YOUR GROUP—PRAY TOGETHER

Take this time to pray with confidence for anyone in your group who may be in a season of heartbreak or experiencing a crushed spirit. You can record your prayer requests in "Our Prayers & Praise" on page 204 of this study guide or in a notebook. This is also a great time to pray for other people in your lives who may be in the midst of a challenging life circumstance or problem.

In Your Life: Pray With Confidence

Turn to “The Ephesians 3:20 Exercise” on page 177. Take a few moments to soak in the truth that God can do more than you can ever ask or imagine. Journal your response to this Scripture. Take your time with this. We will encourage you to share your thoughts with your group as you start the next session.

DAILY PRAYER JOURNAL: For those who have the 40 DOP Study Guide.

BEFORE YOU GO:

Update the Small Group Calendar on page 206 of this study guide, as needed. Where you will meet each week, who will facilitate your meeting, and who will provide a meal or snack? Note any changes to your calendar. Also add contact information in the “Small Group Roster” on page 207 of your study guide for new members of your group.

Is there someone in your life that could benefit from joining this conversation and prayer experience? Invite them next week.