

Introduction:

What was the last decision you made? Many of our decisions seem small and inconsequential, but sometimes small decisions make all the difference. What was the last decision that changed your life? Where did that decision start: with a cup of coffee, a long walk, or maybe a prayer? In this series, we are talking about 7 words that can change your life. Today, that word is 'pray.'

Scripture:

Romans 8:26-27 - "And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groaning that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will."

Psalm 23:4 - "Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me."

For More, Read & Discuss Psalm 23

Discussion Questions:

1. Think about conversations with your best friend: what sets them apart from every other conversation you are a part of?
2. When you pray, what motivates you to do so?
 - Do you ever feel like some things are too small to pray about?
3. How have you been affected by prayer?
 - Is there a particular memory you have that is tied to prayer?
4. What do you think are the key aspects of a good conversation?
 - What about a good prayer?
 - Are they different? Should they be?

Take the Next Step:

What role does prayer play in your life right now? What role would you like it to play? If you want to get started, try beginning your day with "please" and ending it with "thank you."