



Life Group Leader Guide

Week 5 Message: Pray Earnestly

Series: Thrive in 2025

Date: 2.2.25

Bible Passages: Luke 11; Matthew 6:5; Matthew 6:14-15; Romans 8:26; Psalm 66:18; Luke 22:39

Sermon Recap:

In his sermon, David emphasizes the importance of earnest prayer as a vital component for thriving spiritually in 2025. Prayer should be a personal, genuine conversation with God rather than a performative or ritualistic practice. The challenge to "Pray First," underscores that prayer should be a priority in all aspects of life, not merely a last resort in times of urgency. Even in our struggles with prayer, God desires a heartfelt connection, allowing us to find strength and purpose through sincere communication with Him.

Ice Breaker

1. If you could create a "Thriving Playlist," what would be the first song on it and why?
2. If you could have a "prayer partner" from any fictional story, who would it be and why?
3. If you could invent a gadget to help you remember to pray more often, what would it be and how would it work?

Discussion Questions

1. What does it mean to pray earnestly, and how can we practice this in our daily lives?
2. What distractions do you face when trying to pray, and how can you address them to create a better environment for prayer?
3. Why do you think Jesus teaches us to be real and honest in our prayers, as mentioned in Matthew 6:5?
4. The sermon outlines three key practices for earnest prayer: being real, being relaxed, and being revealing. Which area is hardest for you? Why?
5. The sermon encourages us to "pray first" in every situation. How can adopting this mindset change the way we handle daily challenges and decisions?
6. What does it mean to make prayer a priority in your life, and how can you start doing that right now?

Prayer

- Ask for prayer requests.
- Ask God for help in making prayer a regular and prioritized part of your daily routine, seeking His guidance in all aspects of life.
- Pray for the courage to be real and honest with God in your prayers, sharing your true thoughts and feelings without fear or pretense.
- Pray for the ability to forgive those who have wronged you and seek reconciliation where needed, following Jesus' teaching on forgiveness.

Weekly Bible Reading Plan: Each day, take time to pray and ask God for the strength and discipline to commit fully to Him. Reflect on what you want most in your spiritual life and what steps you need to take.

Day 1: The Lord's Prayer and Jesus' Teaching on Prayer. Read: Matt. 6:5-15. Reflect on Jesus' instructions about how to pray, focusing on being real, relaxed, and revealing in your prayers. Consider the Lord's Prayer as a model for earnest prayer.

Day 2: Jesus' Prayer Life. Read: Luke 5:15-16; Luke 22:39-46: Observe how Jesus often withdrew to lonely places to pray, emphasizing the importance of private, earnest

prayer and about Jesus praying in the Garden of Gethsemane, highlighting the priority and earnestness of prayer in times of trial.

Day 3: The Power of Earnest Prayer. Read: James 5:13-18; Philippians 4:6-7: Meditate on the power of prayer, especially the prayer of a righteous person, and how it can be effective and powerful. And how prayer can be an anxiety reliever and a source of peace.

Day 4: Authenticity in Prayer. Read: Psalm 51. Reflect Read David's prayer of repentance, focusing on being genuine and honest with God about your feelings and struggles.

Day 5: Making Prayer a Priority. Read: 1 Thessalonians 5:16-18; Col 4:2: Reflect on the call to pray continually and give thanks in all circumstances, making prayer a constant part of your life. Focus on being devoted to prayer, being watchful and thankful.