

## **HEBREWS ON PRAYER**

### **ENGAGE (15-20 MINUTES)**

Real Biblical community involves people “doing life together.” As much as we can, we want to create an atmosphere where people get to know one another, and feel comfortable sharing the ups, downs, and in-betweens of life.

Take a few moments and have everyone share a high and a low from their week. Make sure everyone gets a chance to share.

### **REFLECTION AND STUDY (30-35 MINUTES)**

:: Walter Wood spoke this week on prayer, challenging us to make prayer a priority in our lives in 2010. What did you find most challenging, helpful, or troubling in the sermon this week?

:: What obstacles are there in your life to making prayer a priority this year? If people have trouble talking about this, give them some examples -- i.e. feel too busy, sleep in too late, have trouble believing prayer works, feel too guilty to approach God... Let as many people as possible share.

:: *Read Hebrews 4:14-16.* Why does the author believe we can draw near to God with confidence? How does the notion that Jesus can sympathize with our weaknesses affect the way you pray?

:: *Read Hebrews 10:19-22.* According to these verses, why can we draw near to God? How does this truth free you up to pray with confidence?

:: *Read Hebrews 13:15-16.* Walter shared 3 ways that prayers of praise are a “sacrifice” – 1). It is a sacrifice of our pride (recognizing that God has made us what we are), 2). It is a sacrifice of effort (praising God when we don’t want to or don’t feel like it), 3). It is a sacrifice of time (making time for regular prayer; daily office, etc.). Which of these “sacrifices” are most difficult for you?

:: *Read Hebrews 13:18-19.* Walter said that the general pattern of prayer presented in the Bible is that we should “pray specific prayers for specific needs.” Have you ever had a specific prayer answered? Share an example.

### **APPLICATION AND PRAYER (10-15 MINUTES)**

:: In what way can you grow in your prayer life in 2010? Some examples – commit to praying at a certain time of the day, commit to praying through the Psalms, start praying for specific things and being intentional about looking for answers to these prayers. Give everyone a chance to share.

:: Break into groups of 3-4. Have each person share a prayer request and then pray for one another.

\*\*Note: Walter mentioned this website as a tool for prayer (<http://explorefaith.org/prayer/fixd/hours.php>). You might also try these helpful resources: *The Valley of Vision* (collection of Puritan Prayers), Phylliss Tickle, *The Divine Hours*, and *The Book of Common Prayer*.