



FOUNDATIONS: LOVE GOD *WORK IT OUT*

LESSON 8: HOW DO I PRAY?

QUESTIONS

If you are working out these questions on your own, consider writing down or journaling your thoughts and answers to these questions. If you are working out these questions in a group, share specific and real examples of your experiences.

1. Take an assessment of your prayer life; what does it currently look like?
2. What is your own view and understanding of who God is? How does this prohibit or encourage you to freely pray for your needs?
3. Is there anyone in your life who God keeps bringing to your attention? If so, how can you use this as an invitation to pray for that person?
4. Have you ever experienced the freedom that comes from forgiving someone who has wronged you? What happened?
5. How does knowing that prayer acts as an opportunity to respond to God's invitation to join him in restoring creation affect the way you will pray?

NEXT STEPS

Check out the other Foundations Course videos!

Individuals: Consider someone in your life who you might consider an “enemy.” Take the next week and make a point to pray for them. As you do, pay attention to what happens inside your spirit as you do. Journal through this experience and share with someone what that was like.

Groups (2+): This week, ask God to show you someone in your life who needs to hear the gospel. As a group, pray for these people, asking God for an opportunity (and the courage) to share Jesus with them.