

Simple Prayer (Simply Pray)

One way to begin prayer is by praying throughout the ordinary experiences of life. Richard Foster

1. What is simple about prayer?

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me. Rev. 3: 20

2. How do you think Rev. 3:20 gives insight into the simplicity of prayer?

Our problem is that we assume prayer is something to master the way we master algebra or auto mechanics. That puts us where we are competent and in control. But when praying we should calmly and deliberately surrender control and become incompetent. To pray means to be willing to be naïve.

Richard Foster

[We should] *lay before him what is in us, not what ought to be in us.* C. S. Lewis

3. What are the roadblocks that prevent you from praying?

4. What prevents you from being honest when you pray?

⁶Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Phil. 4:6-7

5. Why does God tell us to pray about everything?

Some quotes on prayer:

The one thing we bring to God is our helplessness.
O'Hallesby

It is not intended that our faith should help Jesus to fulfill our supplications. He does not need any help; all he needs is access. Neither is it intended that our faith should draw Jesus into our distress, or make him interested in us, or solicitous on our behalf. He has long since cared for us. And he himself would like to gain access to our distress in order to help us. But he cannot gain admittance until we "open the door," that is, until we in prayer give him an opportunity to intervene. O'Hallesby

Discussion Guidelines:

1. Allow everyone a chance to speak. If you are bursting with ideas and tend to share a lot – great – but occasionally pause a bit before you go, sometimes the quieter ones are just waiting for their chance and they need a little space before they go.
2. Respect the opinions of others, and refrain from giving advice.
3. Keep discussion focused on the material being studied.
4. Maintain the confidentiality of personal things shared within the group.

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