



unstuck

TEACH ME TO PRAY

WEEK 2: TEACH ME TO PRAY, AS A CHILD

Welcome to the week two small group guide for the **UNSTUCK: Teach Me to Pray** series. This guide is based on the sermon from Week 2 of the Unstuck series. **If you were unable to watch the sermon**, please check it out online at <https://www.firstdecatour.org/sermons/>

This series is all about growing in our prayer life. We each know that prayer is supposed to be the ultimate expression of our personal relationship with God. In reality however, prayer often feels like something we don't do enough, don't do well, don't know how to do, or "D," all of the above.

For many of us, prayer can feel more like a production or a problem to solve rather than the personal and practical connection to God prayer is supposed to provide.

In this series we'll learn just how accessible, practical, and powerful prayer can be in your life. We'll set aside the aethereal and abstract to provide practical tools on how you can connect closely with God in the midst of a fragmented and distracted world.



START

Brian's suggestion last week was to 'start' by taking only a minute each day this week to check in with God. He also reminded us that our communication with God does not have to contain words like Thee and Thou. There is not a formula, but rather our conversation with God may be much the same as speaking with someone around the dinner table, and can even be in the form of a short note.

- ▶ Share with your group how your week of prayer went.
- ▶ Were you able to get started? What made getting started difficult or easy?
- ▶ Were you able to focus on God and avoid a formula type of prayer?



FATHER

Based on our experience with our earthy father, we bring different perspectives to the understanding of who our heavenly Father is. We acknowledge, in this fallen world, that we are all somewhere on the continuum of an amazing earthy father to the worst case of an earthy father – and everything in between. Candidly, the word “Father” can be one of our biggest hang-ups when it comes to our understanding of God.

This weekend, Brian invited us to open ourselves up to an even greater reality than our on-earth experiences. Even if you had the BEST earthy father a son/daughter could ask for, know that your Heavenly Father is even better, He is Perfect. To those who have experienced the WORST – know that our Good God is the Father you always wanted, but didn’t know you could have. God is our heavenly Father, who not only CAN hear from and care for you, but WANTS to hear from you and care for you.

- ▶ How do your experiences with your earthy father shape your understanding of God as your father?
- ▶ How does it feel to know that God is our perfect Father who wants to hear from and care for us? How does that impact your understanding of prayer.



READ MATTHEW 11:28-30

We believe that God is there and that He cares – the problem is that we live in a very cynical world today where Snarkiness, Snideness, Doubting, and Rudeness seem to rule the day, especially on electronic social media platforms. It is all about flame throwing and bitterness and distrust. Has this leaked into the church and into your prayers? When our prayers seemingly go unanswered and when the church’s intervention does not resolve our angst, we find it may be easier to become a cynic than to continue to trust.

- ▶ Discuss the problem of cynicism and how it has affected you, particularly regarding your understanding of prayer.
- ▶ Are you able to come to God, able to cast your anxieties upon Him and find REST?
- ▶ What areas are you struggling with – and why?
- ▶ Share some victories in this area of moving from cynicism to trusting God.
- ▶ How do you cope when your prayers go unanswered?



CRYING ABBA

Perhaps you may need to reset and start over if last week was tough.

Jesus said that we must become like little children. To understand this, it might be helpful to consider how children behave. Often, they just cry out, “DADDY” when they are scared, hurt, or merely in need of a bit of assurance.

This week – each time you feel frustrated, at a loss, confused, angry, or anxious, try this approach. Simply call out, “Father”, or quietly ask, “Father, help me, show me, lead me, comfort me”, and finally, “Lord have mercy”.

- ▶ How do you feel about the idea of calling out to God in this way? What would it do to your prayer life and your connection with God if you chose to live this way?

Brian also suggested that we think about utilizing Prayer Cards or some kind of a log of our prayers.

- ▶ Do any of you already do this? If so, share with the group. If not, how can you begin to do so this week?

As you close your group time today, take time to share prayer requests with one another. Write these down and following group time have someone in the group distribute the list to the rest of the group. As you connect with God in prayer this week, take time to also pray faithfully for one another. Next week, plan to share what God has done with these requests.