



# unstuck

TEACH ME TO PRAY

## WEEK 4: ASK AND TRUST

Welcome to the week four small group guide for the **UNSTUCK: Teach Me to Pray** series. This guide is based on the sermon from Week 4 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. Of course, 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 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

- ▶ As you start today, take some time to reflect on your prayer life. How has this series, so far, changed the way you think about prayer? How has it changed the way you pray? What has your most significant take away been so far?
- ▶ With that in mind, this week is all about asking God and trusting God. What questions do you have when it comes to asking God for things?

**Now that you are warmed up let's dive in.**



**READ JOHN 14:13-14; 15:7-8; 16:23-24**

These passages show us three different times Jesus essentially said “Ask... and God will give it to you”. Yet, as Pastor Jonathan said, at times we can struggle to reconcile our life experiences with Jesus’ words in these passages. Whether it’s cynicism or asking God for something and being disappointed by not receiving what we asked for, we at times have difficulty trying to understand what Jesus meant in these passages.

- ▶ As you read these words of Jesus, what words or phrases jump out to you. Why do you believe God drew your attention to those words or phrases? What does that mean for your life today?
- ▶ When in your life have you experienced a challenge in reconciling the words of Jesus in these passages with your reality? How did this experience impact your relationship with God and your prayer life? Over time, have you been able to see God move in these circumstances?
- ▶ What are some things you struggle to ask God for? Why?



## READ JAMES 4:2-3

James identifies two dangers when it comes to asking God. The first danger is not asking. The second danger is asking with wrong motives. As Pastor Jonathan said, Jesus in his prayer in the Garden of Gethsemane perfectly models living between these two dangers.

**“Abba, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”**

**Mark 14:36**

Jesus managed to be authentic with his father, while also completely trusting his Father’s plan. This is what it means to ask God, while also trusting him.

- ▶ As you read James’ words, what words or phrases jump out to you. Why do you believe God drew your attention to those words or phrases? What does that mean for your life today?
- ▶ Is it more challenging for you to ask God or to trust God? Why? What is at stake for you personally if you don’t ask or don’t trust?
- ▶ What does it look like for you to both ask and trust God? Discipleship is all about taking that next step closer to Christlikeness. So, what is your next step in regard to **asking** and **trusting**?

**One of the great things about being in a small group community** is that you have other people to join you in asking and trusting. As you close your prayer time today, share at least one thing you are going to ask God for this week. 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 ask God on behalf of one another. Next week, plan to share what God has done with these requests.

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