

The What How About Prayer

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When you think of prayer, what comes to mind? A monk in a monastery? A dinner table poem? A bedtime ritual? Prayer is actually a spiritual discipline that every Christian should start working on – the earlier the better. But how do you do it? Let's talk about that.

What is prayer?

Don't complicate the issue. Prayer is simply communication with God. If you want a healthy relationship with God (or anyone), you'll have to learn to communicate.

[Related: [5 Things to Remember When Praying to God](#)]

Why should I pray?

We've already answered this question on one level: you should pray to nurture your relationship with God. But beyond that, we pray because God is worthy of our attention and focus.

When should I pray?

There are a couple answers to this. [1 Thessalonians 5:17](#) teaches us to pray all the time. The idea is that our whole lives are in communication with God all the time. But in another sense we should set apart some intentional, focused time to pray every day or week.

[Related: [The Mechanics of Prayer – The P-R-A-Y Method](#)]

Where do I pray?

You can pray anywhere, but when it comes to that intentional time of prayer, it's good to find a "prayer closet" – a specific, quiet place that you can go to regularly to connect with God.

Who do I pray with?

Prayer is often personal, a one-on-one connection with God. But it can also be corporate – prayer with two or more people is powerful and effective ([Matthew 18:20](#)).

[Related: [Why Pray If God Knows Everything Anyway?](#)]

Discussion Questions:

1. Watch the video together or invite someone to summarize the topic.
2. What is your initial reaction to this video? Do you disagree with any of it? What jumped out at you?
3. What usually comes to mind when you think of prayer? Did anything catch your attention in this video?
4. Describe a time in a relationship when you stopped talking to each other. What happened to the relationship? Have you ever experienced that with God in prayer?
5. Why is God worthy of our attention? Make a list.
6. Read [1 Thessalonians 5:17](#). Which is easier for you: praying throughout the day or praying intentionally at a

specific time? Explain.

7. *Do you think a “prayer closet” would be helpful for prayer? Where could that be in your life?*
8. *Read [Matthew 18:20](#). Do you ever pray with others in your life? Describe it.*
9. *Write a personal action step based on this conversation.*