



How to Pray
A Simple Guide for
Normal People



Hill Cliffe Study Guide Sunday 4 June 2023 #1 Why Pray?

Bible passages

Luke 11:1-4, Matthew 6:6-8 (MSG), Romans 8:26-28

Summary points from Why Pray? Video Session

- We can ask Jesus to help teach us to pray.
- Prayer is like a toolbox – there are lots of different ways of praying.
- Keep it simple. Keep it Real. Keep it up.

Discuss Questions

Q. What did you find most helpful or most challenging in the video?

Q. What do you find difficult about prayer? What do you find easy? Why do you think prayer can often feel hard?

Pete Greig said it's best to **“Keep it simple, keep it real and keep it up.”**

Keep it simple: “your prayer life is at its best at its simplest”

Q. What do you mostly talk to God about?

Keep it real: “Don’t role-play before God”

Q. Do you feel like you have to act a certain way before God when you pray? Why or why not?

Keep it up: “Don’t give up praying too soon”

Q. Do you find it challenging to persevere in prayer? How can we be encouraged to keep going?

Try it

Share one way you'd like to grow in prayer and your relationship with God over the course.

Give God thanks for this time to study prayer together – ask Jesus to teach us – pray for one another.

Toolshed Resources for your personal use or for use as a group throughout the week:

#1 Why Pray?

These can be found at prayercourse.org/toolshed

- How to pray the Lord's prayer
- How To have a Quiet Time
- How to pray The Examen