
B. DEVELOPING CONVICTIONS

B.14: Being a Disciple of Jesus-Developing prayer disciplines and habits

[1 Thessalonians 5:16-18]

A STORY

“I can’t seem to get my prayer life going.” A woman in our group told us that she had set aside time and then she said, “I try to pray but it feels like my prayers are just hitting the ceiling.” She sadly said, “I have not experienced a lot of results from prayer. I feel frustrated because I hear about other people praying and getting results. She asked, “what do I do?” It was clarifying to us that when it comes to prayer, it must be a relationship in which God speaks to us through his Word and then we respond in words of thankfulness, love and worship. We wanted her to grasp that prayer is not a list of requests but a heart connection in which God speaks and we respond to his word and promises. We also wanted to help her develop some actions in her calendar which would help that process. That requires some disciplines.

DIGGING INTO THE BIBLE

Let’s look at the verse **1 Thessalonians 5:16-18**

“Be joyful always. Pray continually; give thanks in all circumstances, for this is the will of God for you in Christ Jesus.”

DISCUSSION AND DISCOVERY

1. What did you discover are the key components of these prayer instructions?
2. How can you be joyful always?
3. How do you think you pray continually?
4. What helps you give thanks in all circumstances?
5. Which one of these three instructions do you have the most trouble with?

APPLICATION AND ACCOUNTABILITY

6. What would help you make this area more real in your life?
7. What steps can you take to start working on this?"
8. When would you see yourself working on the other areas?
9. How will you make progress in this area of your life so that it is a conviction?
10. When will you get started and how will you have accountability?

LIST ANY OTHER VERSES THAT YOU HAVE FOUND WOULD ADDRESS THIS ISSUE: