



ChaseteamMalvern

All Saints – St Andrew's – St Mary's
Partnering with God in the flourishing of our communities

Prayer: The Heartbeat of Faith

Life Group Material

Why Pray?

w/b 1st September 2025

(Feel free to choose questions as appropriate for your group)

Starter:

1. **Word association:** *when you hear the word, 'prayer', what word(s) come to your mind? (the idea is that this is quick-fire, with people calling out different words)*
2. *When did you first pray? How did you learn? Did someone teach you?*

Read Luke 11:1-13 - (This is the foundational passage for this 4-week series on prayer)

1. *What strikes you/ jumps out at you from these verses today?*
2. *Take a closer look at the prayer Jesus taught his disciples (and us) when they asked him to teach them to pray (vv1-4). These are very familiar words we say often. Look at the prayer line by line and discuss what it means to pray these words.*
3. *Look at vv5-13 – why do you think Jesus tells this story? VV9-13 help us make sense of it.*
4. *If someone asked you 'why pray?', how would you answer them based on this passage?*

Read Philippians 4:4-7 – (Perhaps briefly talk about the context of this letter, i.e., Paul was likely in prison at the time)

5. *What strikes you/ jumps out at you from these verses today?*
6. *How does knowing the context of this letter affect how we read these verses?*
7. *If someone asked you ‘why pray?’, how would you answer them based on this passage?*
8. *Reflect together on V7. What is the peace of God? Is it always a feeling?*

Prayer and us:

9. *Based on your own experience, if someone asked you ‘why do you pray?’, what would you say?*
 10. *What helps you to pray? (a chance for the group to share tips on prayer, resources that help, different ways of praying).*
 11. *Are there ways you would like to grow in your own prayer life? (This could be a space for some personal reflection time, followed by sharing and praying for one another).*
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