



Date: August 8, 2021

Message: "Thirsty; Habits for Spiritual Hydration~Prayer"

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Video is available online at messages.visitccc.com

Message-based Study

Connection

Where do you like to go when you need some quiet?

Cheer and Challenge

- How did it go living out your "I will..." statement from last week? Share your experience.
- Tell about any experiences you had this week following through on the B.L.E.S.S. challenge.

Content

God wants you to be your honest self when you come to Him.

1. Read Philippians 4:6-8. According to this passage of Scripture, what do you need to do to find God's peace?

Describe God's peace and how it is different from the world's peace.

What to Pray

2. Read the Lord's Prayer found in Matthew 6:9-13. Share your thoughts for each of the verses and/or questions below.

Our Father in heaven, may your name be kept holy.

How can you keep God's name holy throughout your day?

May Your kingdom come soon.

Ask God to bring Holy change to our culture and those you know who need Him.

May Your will be done on earth, as it is in heaven.

How can this prayer help you put God at the center and not yourself?

Give us today the food we need,

God cares about your daily needs - what do you need today that you can ask Him for?

and forgive us our sins, as we have forgiven those who sin against us.

We can receive God's forgiveness AS we forgive others - who do you need to forgive today?

And don't let us yield to temptation, but rescue us from the evil one.

Temptation comes to all - ask God for courage, strength, and a way to walk away from it when it comes.

How to Pray

3. Read Luke 11:5-8. Hospitality was a sacred duty in Jesus' culture. Therefore, how would Jesus' listeners respond to his question in verse 5?

In the unthinkable event one had such an unhelpful friend, what does Jesus recommend?

Why We Pray

4. Read Luke 11:9-13. What do these verses tell us about God? What do they tell us about ourselves?

Why do children ask their parents for things and how do parents want to respond? How does this parallel what we are to do with prayer?

5. Read these prayers in Mark 14:36 and Daniel 3:17. In what ways did Jesus and Daniel ask boldly and surrender completely to God in their prayers? How can you do the same in your prayers?

Commitment

We are to ask boldly and surrender completely to God in prayer. What action will you take this week that will help you pray honestly to God?

"I will _____."



Begin with prayer. Listen with care. Eat / Engage with another. Serve. Share your story.

Begin with prayer. Who comes to mind that you can pray for who needs to hear that God loves them and wants to have a relationship with them? Write their name below and pray for them.

Continue Digging Deeper

1. Richard Foster describes spiritual disciplines as “practices that lead to spiritual growth.” As mentioned in Sunday’s message, there are many spiritual disciplines/practices given by different authors. They are not meant to be a list of things to-do seeking to earn grace, rather they are practices meant to lead to living a godly life by following the example of the Jesus.

Resource ~ Check out this resource (<https://renovare.org/about/ideas/spiritual-disciplines>) for a description of some spiritual practices and the ones below for further growth:

Meditation/Contemplation - Creating space free from distraction to meet with God to listen and meditate on and contemplate the truths found in the Bible. Read Philippians 4:8, Psalm 119:115 & Psalm 1:1-3.

Prayer - Conversation with God to listen to God, talk with Him, give praise, offer thanks and ask for help. Read Ephesians 6:18, Matthew 6:9-13 & Colossians 4:2.

Fasting - Voluntarily denying a normal aspect of life, such as food for a set amount of time, for a spiritual purpose (grieving, seek guidance, pray, worship, etc.) Read Matthew 6:16-18.

Study/Learn - This includes studying God’s Word but also creation, relationships and the world around us to learn more about God and how to love Him and others better. Hebrews 4:12, II Timothy 3:16-17 & Psalm 121:1-2.

Simplicity - Seeking to live a life that is focused on God first without an over concern for material things. Read Matthew 6:25-34 & Matthew 4:1-4 & John 15:4-5.

Solitude - This practice partners with silence and is an intentional creation of space to be with the Lord while free from all other distractions. Read Psalm 62:5, Mark 6:31-32 & Mark 1:35.

Service - Seeking to serve God and others as a lifestyle in obedience to God in loving others and also to build community. Read Mark 9:35, Philippians 2:3-8 & Colossians 3:23-24.

Worship - Living a life for the glory and honor of God. Read Romans 12:1, Psalm 100 & Colossians 3:16-17.

Celebration - Actively and regularly celebrating all that God has done. Read Psalm 118:24, Psalm 95:1-6.

2. What comes to mind when you think about prayer? This week be intentional about learning more about prayer and practice praying each day. Some ideas are listed below.

Reflect : Have you ever felt that prayer was more of an obligation or something to check off your list rather than an opportunity? Why or why not? Using a concordance in the back of a Bible or an online resource, see what you can learn about the purpose of prayer.

One by One Prayers: Choose a day this week and throughout the whole day say a prayer for as many people as can that you come in contact with. You can pray for them silently, text a prayer, pray with them in person or ask someone how you can pray for them. Sometime during the week, reach out and ask someone to pray for you as well.

Pray the Day: Journal a prayer in the morning and pray it before you venture into all the things of your day. Pause and pray at noon. Pray in the evening before going to bed.

Write a Prayer: If you are able, listen to the song, “My Prayer For You (Official Lyric Video)” | Alisa Turner (https://www.youtube.com/watch?v=hj_0pvlGkks&list=RDhj_0pvlGkks&start_radio=1&rv=hj_0pvlGkks&t=192). Think of one person that needs prayer. Write out a prayer and give it to them. Include at least one scripture.

Pray the Names of God: Use this resource (<https://www.navigators.org/resource/praying-names-attributes-god>) or make a list of your own to pray according to the character of God.