



**The Week of January 23, 2022**  
**The Prayer Life of the Anxious**  
**Conversation Guide**

**This Week's Take-Aways**

- **I am in prayer:** (Philippians 4:6) I regularly pray to God to better know Him and His direction for my life.
- **I am Confident:** (1 Peter 1:3-5) Because my hope for the future is placed on the steadfastness of God and the trustworthiness of his promises, I live with confidence.

**Intro Questions**

- There's an old saying, "There are no atheists in foxholes." How does this apply to our day-to-day lives?
- Reflect on your prayer life (you don't have to answer out loud). What percentage of it is devoted to praise and thanksgiving versus asking Him for things- even if they are wonderful things to be asking Him for?
  - How often do you pray? Weekly? Daily? Continuously?

# The Prayer Life of the Anxious

## Philippians 4:4-8

*Rejoice in the Lord always. I will say it again: Rejoice! Let your graciousness be known to everyone. The Lord is near. Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.*

*Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.*

- What is the difference between praying, petitioning, and requesting?
- Why is thanksgiving an important part of these?
- According to this passage what should we worry about? Is any prayer too small to bring to God?
- What are we promised when we seek God through prayer?
- Why is it important that our hearts and minds be guarded? Can we do it on our own?

## Romans 12:12

*Rejoice in hope; be patient in affliction; be persistent in prayer.*

## 1 Peter 5:7

*...casting all your cares on him, because he cares about you.*

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## Philippians 4:11–13

*I don't say this out of need, for I have learned to be content in whatever circumstances I find myself. I know how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need. I am able to do all things through him who strengthens me.*

- How do these verses show the importance of prayer and thanksgiving?
- Find the six steps to living a life free from anxiety from these verses:
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
- Which of these passages speaks to you the most. Commit to memorize it this week!

## Luke 11:1-4

*He was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, just as John also taught his disciples."*

*He said to them, "Whenever you pray, say,*

*Father,*

*your name be honored as holy.*

*Your kingdom come.*

*Give us each day our daily bread.*

*And forgive us our sins,*

*for we ourselves also forgive everyone*

*in debt to us.*

*And do not bring us into temptation."*

- Look up this passage in your Bibles. What is the context of this passage? What happened right before it? Where were they? What happened after it?
- What are the elements that Jesus includes in His model prayer?
- What does this tell us about our relationship with God?

## Luke 5:15-16

*But the news about him spread even more, and large crowds would come together to hear him and to be healed of their sicknesses. Yet he often withdrew to deserted places and prayed.*

- How often did Jesus pray?
- How did His situation and obligations affect this prayer life?
- What can we learn from Jesus' example?

## Next Steps

- Continue using the prayer journal you started in week one.
- Memorize one of the verses from this week's lesson. Find a partner in your group to hold you accountable!
- Read John 17. What can we learn from how Jesus prayed?