

Do you have any rhythm? Can you keep a beat? Have you ever been embarrassed for someone who had no rhythm?

God has built rhythm in our lives. What things do you do rhythmically without missing a beat? (Pulse, breathing, sleeping, eating, etc.)

How did these things become rhythmic for you?

To what degree do you have a rhythm of prayer? How often do you find yourself skipping this important beat?

1) Prayer is an urgent priority.

God always takes the initiative in our prayers. What circumstance has God allowed in your life to increase your urgency? Do you find yourself most often complaining, worrying, or praying about those circumstances?

The urgency of our prayers is directly related to our knowledge of God's desire and ability to get involved in our lives. Do you feel like you know God's desires? How great is your confidence in God's ability to make changes in this world?

Because God's priority is my pure heart, my good conscience, and my sincere faith, my priority must be prayer. (1Tim. 1:5). How does prayer contribute to the things listed in 1Tim. 1:5?

2) Prayer has a pulse.

- **Wow! - Prayers flow from my desire for intimacy.**

The only enduring motive for prayer is that God is worthy to be sought.

Prayer is not just a means to get more things from God. It is the means to get more of God himself. Our hearts were meant for intimate conversation with God. Prayer is our response to the knowledge of God.

Why is an accurate view of God essential to praying effectively? Is it possible to pray with clarity without immersing yourself in the Bible? What role does scripture play in forming our prayers?

List the last three things you learned about God that caused you to think, "What a God!"

List something you learned about God that caused you to think about yourself, "What a mess!" What role does an accurate view of our sin play in our prayers?

What is the relationship between worship and confession?

- **Help! - Supplication flows from the recognition of my insufficiency.**

Prayer is God's appointed way of obtaining things we need. Prayer is hard because we find it a hard to admit our spiritual poverty.

Make a list of specific things you need from God right now. (How many of these things are intangible? How many of these things actually are things you want God to do in others?)

- **Come! - Intercession flows from feeling another's difficulty.**

Read Romans 8:26 and Hebrews 7:25. What is Jesus doing for us right now? How does this impact you?

Whose pain and misery do you feel? Are you carrying the weight of their pain in prayer?

How often do you pray with someone after listening to someone expressing his or her difficulty?

- **Thanks! - Thanksgiving flows from seeing God's goodness with clarity.**

List five things God has done for you in the last week. Have you thanked him specifically for those things?

Have you thanked God for the difficult people and circumstances in your life with the knowledge that God has everything under control?

3) Prayer changes all kinds of people.

The first person that prayer changes is me. As we ask God to change people and circumstances, we find that God changes us. How has God changed you as you have prayed?

Are you in relationship with some “impossible” people? Are you praying for them?

Can you list some impossible people that were changed because someone was praying for them?

Additional Scripture

- Psalm 37: 1-7
- Matthew 6:5-15
- Psalm 116:1-2
- James 4:2-3
- Philippians 4:6
- Hebrews 13:15

