

# FORMED

growing in rhythms of grace

## The Rhythm of Prayer

Luke 11:1-13

Sunday, July 31, 2022 | Darren Nelson

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*One of the hallmarks of the Christian life is intimacy with God through prayer. As we see how prayer is modeled in Scripture we learn it is another rhythm of grace God has given us to help shape us into the image of his Son.*

A \_\_\_\_\_ of \_\_\_\_\_

Prayer is \_\_\_\_\_

Prayer is \_\_\_\_\_

100% Physical

100% Spiritual



A \_\_\_\_\_ of Prayer

\_\_\_\_\_ - \_\_\_\_\_ Prayer

\_\_\_\_\_ - \_\_\_\_\_ Prayer

An \_\_\_\_\_ of Prayer

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### NEXT STEPS:

*Using a psalm or Jesus's framework in Luke 11, try worship and Scripture-based prayer this week.*

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**NEXT WEEK:** FORMED | *The Rhythm of Teaching*

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*Growth Groups are the glue that holds our church together, the way we find and follow Jesus together. If you are not involved in a Growth Group, now is the perfect time to jump in at [gracecentralcoast.org/groups](https://gracecentralcoast.org/groups)*

### CONNECT *(ask these questions to check-in with your group)*

*Share with one another how you thought of prayer growing up. Why?*

### DISCUSS *(use some of these questions to process God's Word together)*

1. Read Luke 11:1–13 again. How did you “come under” God’s Word and the message this week? What did you learn? What were your takeaways?
2. Luke 11:5–13 is a parable of contrast. What is it meant to teach us about God and how he interacts with our prayers?

3. At first, it seems strange that the Holy Spirit is mentioned in v13. Why does Jesus mention him? What does the Spirit have to do with prayer?

4. Read Acts 4:23–31. Where do you see worship in their prayer? Where do you see Scripture? Where do you see a focus on the spiritual over the physical?

5. What was it like to try Scripture-based prayer during the service on Sunday? Share what was helpful about it and what your thoughts are about using it in your prayer life.

6. On a scale of 100% physical to 100% spiritual, where would you say your prayers together as a growth group fall? How would it change you and your group if you moved to a more spiritually driven prayer time?

### PRAY *(use these prompts to pray in response to God's Word)*

- Use a psalm to practice worship-based prayer out loud together.
- Share needs and pray for one another. Try to focus on spiritual needs and not just physical.