

## Developing your faith through spiritual habits

Iron Pillars Youth Ministry

Why Pray

### Prayer:

“Prayer is a vital Spiritual Discipline, second only to the intake of God’s Word. To be like Jesus, we must pray. Knowing that without prayer we will lack godliness, God expects us to pray. No matter how weak or strong your prayer life is right now, you can learn to grow even stronger.” ~Donald Whitney~

### Select Passages:

**Matthew 6:5-13:** And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’

### Digging Deeper:

1. Review the large group lesson: What its not vs. What it is; Why meditate; Make a Plan
2. Before you get into tonight’s questions, go around and (each person) share about your experience reading the Bible this week: how often did you read, what did you read, did anything stand out? ***Have each of them share if they read, what they read, and if anything stood out***

***Before you go into the questions, look on the tab on the right. Under “verse of the year,” try to fill in the blanks as a group. Check your answer (as a group) when you think you have it right***

3. What are some solid biblical reasons why you should pray to God?
4. What are 3 important aspects of prayer identified in the passage above?
5. At what times during His ministry did Jesus pray to God? What was the manner in which He prayed?
6. If you were to use the ACTS acronym as your model for how to pray, what would you say in your prayer to express each point? Think of using the passage above for help.
7. How would you rate the quality of your prayer life right now (how much time and the quality of time you spend with God in prayer)? How can you improve your prayer life? The biggest struggles among teens are finding time and knowing what to say. If this is what you struggle with, how can you specifically improve in those areas?

### Verse of the Year

#### 1 Timothy 4:7-8

“Discipline yourself for the \_\_\_\_\_ of godliness; for physical discipline is only of little \_\_\_\_\_, but \_\_\_\_\_ is \_\_\_\_\_ for all things.”

### Discipline

**When it comes to discipline in the Christian life, many of us feel that it’s discipline without direction. First, we must understand what we will become. God’s eternal plan ensures that every Christian will ultimately conform to Christlikeness. So why talk about spiritual disciplines? Although God will grant Christlikeness to us when Jesus returns, until then He intends for us to grow toward it. We aren’t merely to wait for holiness, we are to pursue it!**

### Topics

Hearing the Word  
 Reading the Word  
 Scripture Memorization  
 Meditating on Scripture  
 Prayer  
 Worship  
 Silence & Solitude  
 Fasting  
 Service

“I am the vine; you are the branches. If a man remains in Me and I in him, he will bear much fruit; apart from Me you can do nothing”

~John 15:5~