

1. What is one of the best habits you established for yourself or family?
2. When you think of the word habit, do you get a sense of excitement or regret? Why?
3. When you think of the word prayer, what word do you think of first? i.e. excitement, regret, intimidating, joy, etc. Why?
4. Was there anything in the message today that made you think differently about prayer? What was it?
5. Read I Thessalonians 5:16-18. What about this passage is challenging for you? Do you find it realistic? Why or why not?
6. Acts 2:42 and Colossians 4:2 talk about being devoted to prayer. What would or does 'devoted to prayer' look like to you?
7. What challenges do you face when you pray?
8. What encourages you most when you pray?
9. The last three weeks we have discussed the habit of going to church, being in a growth group, and now prayer. What one of the three habits is most challenging to you? Why? What of the three habits is easiest for you?
10. If you could only pick one habit to work on, which one would it be and why?
11. Will you accept the challenge to pray for the next 30 days for 15 minutes?