

**Home Group Questions – July 1, 2018**  
**The Prayers of Jesus**

1. They say that there are four different types of learners: visual, auditory, reading/writing, and hands-on. Which type of learner are you?
  
2. One of the best ways to learn how to pray is by looking at Jesus himself and his prayer habits. With your group, read each of the following verses:  
Luke 4:42; Luke 5:15-16; Mark 6:30-31; Mark 6:46; Luke 9:18; Luke 9:28; Luke 11:1
  
3. After reading these verses, what stuck out to you the most? Any questions or comments?
  
4. We can see at least four elements of Jesus' prayer life that are helpful for us:
  1. Praying in private
  2. Praying in silence (away from distractions)
  3. Praying as a way of relieving stress / unwinding
  4. Praying as a habit / discipline
  
5. What are the benefits of praying when no one else is around? (See Matthew 6:5-6)
  
6. What types of distractions do you typically encounter when you pray? How can you structure your prayer life in a way that minimizes distractions?
  
7. It appears that Jesus would often pray after a long day or when he needed to get away from the busyness of his life. When you feel stressed and tired, do you tend to pray more or less than usual?
  
8. Some people are good at praying at random times throughout the day, but not at structuring out a consistent time every day. Others are the opposite. Which is more of a struggle for you? How can you improve on making prayer a habit/discipline in your life?