

Life Group Questions Why and How we pray(8th Feb 2026)

**1. Prayer Across Cultures & Crises**

People across all cultures pray, especially in times of crisis. What do you think this tells us about humanity's deeper longings, and how does Christian prayer uniquely shape those longings?

**2. Relationship , Not Performance (Matthew 6:6)**

Jesus frames prayer as meeting with a loving Father, not performing for others. In what ways can prayer subtly become about performance or obligation, and how can we shift back toward relationship?

**3. "Shutting the Door" in Real Life**

Jesus talks about going into a private place to pray. (Matthew 6:6).What are some of the "distractions" you personally need to shut out, and what might a realistic, intentional prayer space or rhythm look like for you in this current season?

**3. Intimacy with God**

Prayer is described as an invitation to intimacy ("into-me-you-see"). What helps you feel most connected to God, and what makes intimacy with Him difficult at times?

From Susanna Wesley to Jesus Himself, we see prayer prioritised amid busyness. What challenges you most about making prayer a priority, and what encouragement do you take from these examples?

Is there one small shift you could make to protect time with God?

**4. Why Pray About Everything? (Philippians 4:6–7)**

Paul urges us to pray in every situation. Are there areas of your life you tend to handle alone rather than bring to God? What holds you back from praying about those things?

**5. Answered, Unanswered, and Waiting Prayers**

How do you personally respond when God's answer is *no* or *wait*? Can you think of a time when you later understood why a prayer wasn't answered as you hoped?

**6. Peace That Guards Our Hearts (Philippians 4:7)links prayer with peace.**

The peace of God doesn't remove trouble but guards our hearts and minds within it. Can you share a time when prayer didn't change your circumstances, but it changed you?

## 7. Honest and Specific Prayer

God invites honesty—fears, confusion, hopes, and requests. How comfortable are you being truly honest with God in prayer, and what helps (or hinders) that honesty?

## 8.Putting It into Practice

The encouragement was to aim for *present*, not perfect prayers. What is one simple, realistic prayer practice you could try this week (time, place, or method)?

**If time allows try this Closing Prayer Exercise: *Close the Door, Open the Heart* (5 minutes)**

### 1. Set the Moment (1 minute)

Invite everyone to get comfortable.

Ask the group to place their feet on the floor, relax their shoulders, and—if they’re comfortable—close their eyes.

Remind them: *This is not about saying the right words, just about being present with God.*

### 2. “Shut the Door” (1 minute)

Say something like:

“Let’s take a moment to intentionally ‘shut the door’—to set aside distractions, worries, and the noise of the day.

Take a slow breath in... and out.

Picture yourself in a quiet, safe place with God, your loving Father.”

### 3. The TEASPOON Prayer (3–4 minutes)

Gently guide the group through this simple prayer model, allowing short pauses after each section:

- **Thank You**

“Quietly thank God for one or two things—big or small.  
Remember His faithfulness.”

- **Sorry**

“If there’s anything weighing on your heart, bring it honestly to God.  
Receive His grace and forgiveness.”

- **Please**

“Now bring your requests—for yourself, for others, for situations on your heart.  
Nothing is too small or too big.”

Encourage silence during these moments, letting people pray privately.

#### **4. Rest in Peace (1 minute)**

Read Philippians 4:7 slowly:

*'And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'*

Invite the group to sit quietly for a few moments, imagining God's peace standing guard over their hearts and minds.

#### **5. Closing Prayer (Leader-led, 30 seconds)**

End with a short prayer such as:

"Father God, thank You that You hear us, know us, and love us completely.  
Help us to carry Your peace into the week ahead and to keep choosing  
relationship over performance.  
We trust You, even when answers are delayed.  
In Jesus' name, Amen."