

Discussion Questions
Your Disappointing “Prayer Life”
Ephesians 6:14-20

(How’s your prayer life? Discuss)

- Do you ever “hear” God? If so, when and how do you hear God?
- Do you ever speak to God?
- If so, what do you most frequently talk to God about?
- Why do you think you talk to Him about this more than anything else?
- When and how do you speak to Him, commune with Him etc.?

Madeline L’engle wrote:

Before I can listen to God in prayer, I must fumble through the prayers of words, of willful demands, the prayer of childish “Gimmes,” of “Help me,” of “I want...” Until I tell God what I want, I have no way of knowing whether or not I truly want it. Unless I ask God for something, I do not know whether or not it is something for which I ought to ask.

- What do *you* think prayer is about? What’s its purpose?
- What do you think it should look like?

All throughout the Psalms we read some pretty honest and desperate prayers; here’s an example from Ps. 44: “We are regarded as sheep to be slaughtered...wake up, why are you sleeping, oh Yahweh?”

- In the midst of prayer, do you ever feel like shouting, “Wake up Yahweh?”
- Do you feel that way regarding anything right now?
- Do you think it’s okay to be brutally honest with God, even if it seems rude?
- Why or why not?
- Which do you think God prefers a polite and polished version of you or a brutally honest version of you? And how do you think you came to that understanding?
- How do you prefer to relate to God? Why?
- Do you believe prayer changes things?
- Can you give any examples of changes in yourself, in those around you or in your circumstances that you believe are directly related to your prayers?
- Has God used prayer as a means of teaching you more about who you truly are? Explain.
- Has He used prayer to help you see more clearly who He truly is? Explain.
- Do you feel like your prayer life is “disappointing”? Explain.

Paul really seems to think that prayer is important. He often wrote about prayer and in Ephesians 6 he wrote, “Pray at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints...” And prayer was so at the forefront of Jesus’ mind, whenever He spoke of it to His followers He said, “*When* you pray...” He never said, “*If* you pray...”

- Take a few minutes to pray and simply listen to your heavenly Father’s Word to you. What does He desire to speak into your heart?
- Once you’ve listened for a while, what do you desire to speak back to Him? Tell Him . . . commune with Him.

**These questions were created by Kimberly Weynen*