



# HOMEGROWN

## Discipleship

## Learning to Pray - 4/26/2020

### OVERVIEW

Even in the moments before Jesus was betrayed, He spent His night praying. He knew that prayer was His connection and intimacy with His Father. By God's grace and with spiritual training, we too can have that same connection to the Father. Through training we can accomplish things in this life that we could not do by simply trying. Will you accept the spiritual challenge to allow Scripture and prayer to change you?

Scripture (all verses NIV, unless noted): 1 Corinthians 9:25-27 (NLT); 1 Timothy 4:8 (NLT); John 13:1-3; Matthew 26:36; Luke 22:41; Mark 14:39

### APPLICATION

- Jeremy shared an example of how he and Janna physically trained for months so they could complete an epic bike trail while in Maui. What is something you have accomplished through intense training?
- Jeremy said, "Through training we can accomplish things in this life that we could not do by simply trying!" How could you apply this statement to your spiritual walk with Jesus?
- How can GRACE (God's divine power) and WORKS (human effort) coexist together?
- Before Jesus was betrayed, He spent the night praying. He knew that prayer was His connection and intimacy with His Father. It was life-giving to Him. How would you describe your prayer life?
- What holds you back from engaging in intimate prayer with our Father?

HOMEWORK: Throughout this series we want to challenge you to train in spiritual practices. Last week we began with a daily "chair time." To help you get started, or to enhance what you're already doing, we will continue the YouVersion Bible plans together as a church body. To join a Blue Ridge reading group, sign-up at [blueridge.org/readingplan](https://blueridge.org/readingplan). This week, we will be adding the spiritual practice of praying through Scripture with guidance from the reading plan. You can also join a zoom prayer time Monday through Friday. To find out more information go to [blueridge.org/prayertime](https://blueridge.org/prayertime).

