

# Prayer as a Life Rhythm

Making a habit of turning to God

## 1. RESPONDING

### A. To the Character of God

Pick 3 attributes of God that motivate/convict you to pray more. Why?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Incommunicable	Communicable
Independence	Invisibility
Immutability	Wisdom
Eternity	Truth
Unity	Faithfulness
Omnipresence	Goodness
Omniscient	Love
Omnipotence	Grace
Perfection	Mercy
	Longsuffering
	Holiness
	Justice
	Jealousy
	Will
	Blessedness
	Glory

### B. To the Word of God

Read Psalm 103. Pick 2 verses that stand out to you. What do they teach you about God? What should be your response to this truth about God?

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2. REPEATING**

Reflect on your daily habits of prayer. Are you faithful to set aside deliberate times of prayer?

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If so, how can you keep consistent long term in these habits? If not, how can you start small?

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**3. REMAINING**

Consider that John 15:5 says apart from abiding in Christ, we can do nothing. What is one situation where you are tempted to forget God, get distracted, or do things in your own strength? Pray and resolve to turn to God next time (and every time) that situation returns.

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Which metaphor is most helpful for you to “pray without ceasing (1 Thess. 5:17)?” Why? (Posture, Reflex, Thirst, Warfare)

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**4. RELATING**

Create an “intercession map” (or list) of your relationships and sphere of influence. (Consider: Family, Friends, School, Church, Sports, World, etc.)