



## Prayer Series - Session 2: How to Prepare for Prayer

**\*{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

### Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Matthew 6:5-8**

After the Reading Conclude with this prayer:

*Heavenly Father, we thank You for Your continued presence in our lives and for tirelessly reaching out to us, even when we are distracted from You. Help us to be direct and intentional in our response to Your love and open us to a deeper and more fulfilling relationship with You. We pray for all these things in God's holy name. Amen.*

### Reflection or Discussion Question:

1. In verse 7 we hear, "In praying, do not babble like the pagans, who think that they will be heard because of their many words." What do you think/feel this means on how we should pray?

**YouTube Video:** Fr. Mike Schmitz – Tips for Praying (8:12 Min) - <https://www.youtube.com/watch?v=yk8In-6KUGc> {Leader - be sure to play to the full 8:12 minutes to hear his bonus round tips }

### Reflection or Discussion Questions:

2. Do you make time for prayer? How does it define your day?
3. If you have a place where you regularly pray, can you describe it to the group? What do you have in this area that supports your prayer time?
4. Do you find your relationship with God improving through prayer? Why do you think so?
5. What do you find to be the most effective prayers for you?
6. What do you think about the tips Fr. Mike describes in the video? What changes in your life do you think you might see if you implement these tips into your prayer life?

### Session Challenge:

Reflect on how you are currently praying and consider what changes you can make to deepen your relationship with God:

1. Commit to a "season of prayer" for the next few weeks.
2. If you haven't been praying regularly, focus on showing up in daily prayer. Be realistic and start small. If you have been praying regularly, evaluate how you can build your day around prayer.
3. At the end of the week, reflect on what has worked and what needs more work. Ask yourself how you can be more intentional and effective in your prayers for the rest of the "season". Write down your When, Where, What, and Why to share with the group.

**Closing Prayer:** (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

*Heavenly Father, give us the willpower to commit to our prayer life. Help us to make time to be with You, so that we can know Your will and draw closer to You. In Your loving name, Amen.*