



NEXT LEVEL CHALLENGE | TIME WITH GOD: PRAYER

BEFORE YOU MEET

- Schedule a time to discuss this month's challenge.
 - Meeting Time/Date: _____
- Have them do the following BEFORE you meet and come prepared to discuss.
 - Complete the first half of the *How To Pray & Read Your Bible* resource (https://www.wschurch.org/content/pdf/How2PrayBible_Digital.pdf), about "How To Pray".

WHEN YOU MEET

- **READ** Matthew 26:36-41 about what Jesus did when he was under the most pressure of his life, just before he was arrested and taken to the cross.

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." ³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." ⁴⁰ Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. ⁴¹ "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

- **WHY** - Jesus regularly went off alone to quiet places to pray (Mark 1:35). Why do you think prayer was so important to Jesus? Why is it important for us?
- **WHAT** - Thinking about where you're at right now in your relationship with Jesus and with prayer, what is the right prayer goal for you to try over the next few weeks?
 - *For example, I'll pray 5 minutes per day, 5 days a week using different "ways to pray" from the book.*
- **HOW** - How can you plan now to make sure you're able to meet that goal? When, where, and how will you do it?
 - *For example, I'll start praying each day when I brush my teeth. Each day that I pray, I'll journal or write a short note about how I prayed or how it went. I'll bring those notes next time we meet.*
- **WHEN** - When will we meet or talk again next to check in and see how your goal is going?
 - Meeting Time/Date: _____