

# Prayer

We all know that as Christians, we are *supposed* to pray, but do you ever wonder how to pray or even why we pray? Prayer, at its core, is a conversation with God. It seems simple, and yet many Christians struggle to pray during various seasons of their lives. If you're struggling with feeling unworthy or unequipped to pray, or if you're questioning whether prayer does any good when God already knows our hearts and the future, take heart that the rich tradition of prayer found in scripture serves as our guide and demonstrates just how important prayer is to the Christian life. So, join *Groundwork* as we examine Scripture to better understand the spiritual discipline of prayer, learn how this discipline strengthens our connection with God, and discuss how we can cultivate this practice in our daily lives.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- When you think about prayer, do you feel confident and comfortable, or does it feel uncertain or intimidating? Why do you think you feel that way?
- In your daily life, do you experience prayer more as a routine habit or as an ongoing conversation?



**LISTEN TO THE EPISODE:** [Prayer](#)

**READ** [Jeremiah 9:12-13](#), [Philippians 4:4-7](#), [Psalm 66](#), [Matthew 6:9-13](#)

**REFLECTION** After listening, consider the following questions:

- In the first segment, guest host Emily Vanden Heuvel described prayer as simply "a conversation with God," one that God himself initiates. How does thinking of God as the one who starts the conversation, rather than yourself, impact your approach to prayer?
- Emily and hosts Scott Hoezee and Dave Bast observed that one reason people don't pray is that they aren't listening. They don't realize God is already speaking to them. What in your life might be making it difficult to hear God's voice and recognize his invitation?
- In segment two, Dave shared honestly that there were mornings he avoided prayer out of embarrassment over his own sin. Emily responded that confession is actually what frees us to pray with confidence. How have you experienced that kind of freedom? What makes confession feel difficult for you?
- In the third segment, the hosts offered the ACTS model (Adoration, Confession, Thanksgiving, Supplication) as a practical framework for prayer. Which of these four elements comes most naturally to you? Do you tend to skip over any of them? Why might that be?

**RELATED PASSAGES** for further study

[Mark 1:35](#), [Psalm 42:1-2](#), [Hebrews 4:16](#)

## CONCLUSION

Prayer is the spiritual discipline of ongoing, honest conversation with God, and as this episode reminded us, it's a conversation God himself initiates. Prayer is not reserved for the spiritually mature or the perfectly put-together; it is for anyone who desires to draw near to God. Praying regularly deepens our connection with him, shapes our hearts to align with his will, and trains us to recognize his voice in our daily lives. Whether we feel confident or uncertain, the invitation is always open.

Use the ACTS framework below to close your time of reflection in prayer now, or to structure your prayer time each day this week. Move through each element intentionally, and don't rush. Even a few minutes of focused prayer using this pattern can gradually transform your prayer life.

- **Adoration:** Begin by simply naming who God is: his goodness, faithfulness, and grace toward you.
- **Confession:** Bring whatever you've been holding back. God already knows; the point is the honesty with God and yourself.
- **Thanksgiving:** Thank God for all the ways he has provided for you; try to identify specific ways you've seen him act or provide this week.
- **Supplication:** Ask for what you need, and pray for others by name.

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<https://groundworkonline.com/episodes/prayer>

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