

Prayer

Establish a meaningful rhythm of prayer

LISTEN & WATCH www.BTLDiscipleship.guide/prayer [QR code]

BIG IDEA	Prayer isn't a religious duty or a way to get things from God. It's a two-way conversation with a Father who wants to be with you.
MEMORY VERSE	<i>Yet He frequently withdrew to the wilderness to pray.</i> Luke 5:16
ACTION STEP	Keep a daily 10-minute P.R.A.Y. time, five days this week, at the same time and place.
OUTCOME	I have a simple daily rhythm of prayer that I keep most days.

The Way of Jesus Read before you meet • about 5 minutes

Prayer and the life of Jesus

Prayer is the oxygen of the soul. You can attend church, join a Bible study, and serve on every team, but nothing replaces time alone with God.

Look at Jesus in Luke 5. News about Him is spreading. Crowds are pressing in. People need healing. It is the busiest, most successful season of His ministry. And Luke tells us: "Yet He frequently withdrew to the wilderness to pray." Not once. *Frequently*. If the Son of God needed unhurried time with His Father, how much more do we? Jesus teaches us a simple, uncomfortable truth: we are never too busy to pray.

Talking with God, not just to God

Most of us think of prayer as talking to God. But Jesus describes a relationship: "My sheep listen to My voice; I know them, and they follow Me" (John 10:27). Prayer is a conversation. God speaks mainly through Scripture, and also through the quiet nudges of His Spirit, wise friends, and the circumstances of our lives. We learn to recognize His voice the way you recognize a friend's voice on the phone: by spending time together. Anything we sense from God will always agree with Scripture and look like Jesus.

A simple pattern

A meaningful prayer life doesn't happen by accident. It begins with a time, a place, and a simple pattern. This week you'll practice **P.R.A.Y.**: *Pause, Rejoice, Ask, Yield* (see The Weekly Meeting). Think of it as an experiment with God. You'll get distracted. That's okay. Every time you notice and come back, you are praying.

When You Meet about 60 minutes

Who leads: The discipler leads and models prayer.

Connect • 10 min

- When have you felt closest to God? When does prayer feel hardest?
- How did your daily time with Jesus go this week?

Read • 20–25 min

Read aloud: Luke 11:1–13 (and, if time allows, Luke 5:12–16)

1. The disciples watched Jesus pray, then asked, “Lord, teach us.” What do you notice about the prayer He teaches (vv. 2–4)?
2. In the story of the friend at midnight (vv. 5–8), what does Jesus commend?
3. What do verses 11–13 say about the kind of Father we pray to? How might that change the way you pray?
4. What gets in the way of prayer for you: time, distraction, doubt, or feeling unheard?

Practice • 15 min

- **Pray P.R.A.Y. together for 10 minutes.** The discipler guides each step aloud. At *Yield*, take two full minutes of silence to listen.
- Afterward, talk: What did you notice? Was the silence hard? Did anything come to mind?
- Each choose a daily time and place for this week.

Pray & Plan • 10 min

- Pray for two or three people by name.
- Confirm your time and place for the week.

For disciplers: Model, don’t lecture. Pray out loud simply and briefly so your partner hears that prayer doesn’t need fancy words.

For groups: Split into pairs for the 10-minute practice. Keep the two minutes of silence; groups can do it.

Live It *This week's action step*

Keep a 10-minute P.R.A.Y. time five days this week, at the same time and place. Tie it to something you already do (morning coffee, lunch break, before bed).

I will pray at (time) _____

In (place) _____

My phone will be _____

Go deeper (optional): Take a 30-minute prayer walk this weekend. Walk slowly, talk with God, and stop to listen.

Pass It On within 48 hours

Ask someone, “How can I pray for you?” Then pray for them specifically, right there if they’re open to it, or later that day. Let them know you did.

Five Days with Jesus 10–15 minutes a day

Read the day’s passage slowly, at least three times. Then write a short prayer using these five prompts:

- *God, You’re good because...*
- *Today this feels heavy. I hand it to You...*
- *Thank You for...*
- *I’m asking for...*
- *Jesus, what do I need to hear from You?*

☐ **Day 1 • Psalm 8**

Start with who God is.

☐ **Day 2 • 1 John 1:5–10**

Walk in the light. Confess what’s heavy.

☐ **Day 3 • John 17:20–26**

Jesus prayed for you. Let that sink in.

☐ **Day 4 • Colossians 3:12–17**

Give thanks for the people in your life.

☐ **Day 5 • Ephesians 6:10–18**

Pray for others, staying alert.

Awareness: Open My Eyes

In 2 Kings 6:8–17, Elisha’s servant woke to an enemy army surrounding the city and panicked. Elisha prayed, “O LORD, please open his eyes that he may see,” and the hills were full of horses and chariots of

fire. God was there all along. This week, three times a day, pray: “Lord, open my eyes.” Each evening, write down one “God sighting”: a place you noticed Him at work.

Ready to Move On?

- ☐ I have a daily time and place for prayer, and I kept it most days.
- ☐ I can walk someone through P.R.A.Y.
- ☐ I’m learning to listen to God, not just talk to Him.

When you and your discipler agree these are true, move on to the next session. If not, take another week. That’s growth too.

Sources & Acknowledgment

The original pathway

This booklet adapts and substantially rewrites material from *Discipleship Pathway* (2024) by Rev. Megan Koch and Rev. Phil Wiseman of Table Church in Des Moines, Iowa, used with the authors' blessing. The original identifies its license as Creative Commons Attribution 4.0 International (CC BY 4.0).

Original resource: discipleship.guide • License: creativecommons.org/licenses/by/4.0

The Colonial adaptation

Prepared for Colonial Presbyterian Church by Pastor Jeff Sparks for the Be the L.I.G.H.T. Discipleship Pathway. This adaptation keeps the original ten lesson themes; adds a Launch session with a gospel foundation and a Commissioning session with a multiplication plan; restructures each lesson around a weekly meeting, one action step, and a five-day reading plan; and draws on Colonial's *Be the LIGHT Abide Guide* (P.R.A.Y., R³, BLESS, and the Abide Plan), earlier micro-course drafts, and Kent Mathews' evangelism training at Colonial (listening, validating, clarifying, and "know, tell, do, and be the story").

Also informed by

Zúme Training (the Model, Assist, Watch, Leave pattern and the emphasis on obeying and sharing between sessions); *Rooted* by Mariners Church (short daily readings and shared experiences); and *Practicing the Way* by John Mark Comer (one practice at a time, and a rule of life).

Quotations

John Mark Comer, *Live No Lies* (2021). Dallas Willard, on "pitching its message too low." Henri Nouwen, on downward mobility. Robert Louis Stevenson (attributed), on seeds and harvest. The *Didache* (early Christian teaching, 1st–2nd century), on weekly fasting.

Scripture

Scripture quotations are from the Berean Standard Bible (BSB), which is in the public domain. Read the full passages in any trustworthy translation or audio Bible.

Using and sharing this resource

You're welcome to print and share this booklet. Please keep this acknowledgment and the license link with any copy, including website versions. If you revise it further, note your changes and keep the credit to the original authors.