

# The Life Challenge

**"I came that they may have life and have it abundantly." John 10:10**

**Title:** People of Prayer

**Speaker:** Matt Ewert

**Text:** James 5:13-18; Matthew 7:7-11;  
Romans 8:26-27

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## Discussion

- Read Luke 11:1-13 together as a group and pay attention to what catches your attention as you read it. Share what it is that you noticed in this passage. What does this tell us about prayer?
- As you consider your own prayer life, what one word would you use to describe it? Frustrating, life-giving, inconsistent, exhilarating, deep, dry, etc. Explain why you chose that word?
- On Sunday I suggested three things that might be barriers to people engaging more fully in prayer. Some people might say they have an action bias and prefer "doing" rather than praying (though in reality, prayer is "doing"! Others wane in prayer because they feel they don't see results. Still others don't pray as much (at least out loud with others) because they feel they aren't "good" at it. There are, of course, many more barriers to prayer that could be listed. What would you identify as the number one barrier to prayer in your life?
- People engage in prayer in a variety of ways. Are there any tools or exercises that you have found helpful in engaging in prayer, either currently or things you've done in the past. Share them with the group, and talk about why you think that was helpful to engaging in prayer.

*"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me."* Revelation 3:20

While we so often use this verse in an evangelistic sense, the fact is that this passage is actually addressed to a church, not to unbelievers! Of this verse, Oecumenius, who wrote a commentary on the book of Revelation in the 6th century wrote:

*Here the Lord reveals his own humble and peaceful nature. The devil with an axe and hammer smashes the doors of those who do not receive him, as the prophet said, but the Lord even now in the Song of Songs says to the bride, "Open to me, my sister, my bride."*—Oecumenius

- Recognizing that this verse is addressed to Jesus followers, how might it instruct us in the area of prayer?
- In regards to your own personal prayer time, do you find you do more talking or listening? Why is it that you think you gravitate towards that posture? Do you think you have any need for recalibration in that regard?