

Cultivate Reflection Guide

How to Pray... So God Hears Me June 11/12, 2022

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NEW series: If there's one thing that seasoned Christians and new Christians can relate to, it's the struggle with prayer. What are we supposed to say to the God who created the universe? Does he really hear us? What if we get the words wrong? As a church, we'll explore these questions and more as we learn how to pray.

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to start a REAL conversation in community or to cultivate God's word into your life through personal bible study. Choose the questions that encourage you to reflect and respond to what we're learning. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

Read: [Matthew 6:9-13 NIV](#). Practice praying and even memorizing the Lord's prayer this week.

Notable Quotes from Pastor Matt:

- God is always pleased that we are praying.
- Don't let your insecurities with others become your insecurities with God.
- When you pray, you're praying to a place that's home, even though you've never been.
- Prayer is not about you hearing from God. It's about God hearing from you.
- You might not believe in God, but He believes in you.

Reflect: As you reflect on the weekend message, what most encouraged, instructed or challenged you? Is there a truth, promise or instruction that you want to cultivate into your life and carry with you?

Respond:

1. As a child of God, we have intimate, unencumbered access to the Father and so, we can **pray with confidence**.
 - What gives you confidence that God hears you when you talk with Him? This could be an overall belief or a specific example of how God has answered your prayers.
 - Are there any doubts, fears or insecurities you have personally or in your relationships with others that you are applying to God? This could even be ideas or assumptions about the "right way" to approach God.
2. Which of these **promises** do you need to claim today SO THAT you can **confidently believe** that God hears you when you talk to Him? *If you are already confidently walking in these promises*, how are you experiencing deeper intimacy in your relationship with God?
 - I will pray with confidence because I am a child of God. [Ephesians 1:5]
 - I will pray with confidence because God has chosen me and loves me. [1 Thessalonians 1:4]
 - I will pray with confidence because God wants to hear from me. [Hebrews 4:16]
3. Pastor Matt encouraged us that we can pray with confidence when we pray: from a posture of **respect**, keeping it **short**, with authenticity [being REAL] and **integrity**.
 - How does that strategy free you to be pray more confidently? How does it challenge you to grow or change the way you currently approach prayer?

Prayer: *Lord, I want to pray with confidence. Thank you for leaning down to listen simply because I am yours. Keep me from the temptation to pray perfectly or even in a way that isn't true to who I am. Instead, cultivate a desire in me to make time talking to you, honestly and confidently, a priority. Amen.*

Dig Deeper Opportunity

[Read James 5:13-16 NIV](#). Prayer is powerful and effective, and so we should do it! These verses encourage us to pray in all circumstances. What else are we challenged to do SO THAT we can be healed and whole when we pray?