

# Cultivate Reflection Guide

## How to Pray: How Do I Ask? Campus Pastors | July 2-3, 2022

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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!*

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**Read:** [Luke 11:3, 5-13 NIV](#)

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

### Respond:

1. To learn **how to pray**, we need to learn **how to ask**. Think about the kind of "asker" you are. Are you quick and willing OR slow and reluctant?
  - What has shaped that perspective in you? For example – have you learned to be a better asker, have you experienced shame in asking or are you worried your requests will be a burden?
  - Does your perspective on asking extend to God? Do you quickly and willingly ask God OR are you slower and reluctant to ask Him?
  - How do you want to grow in the way you ask God for what you need? This could be in your willingness, the frequency or even the attitude with which you ask.
2. In the middle of the Lord's prayer, Jesus teaches us to **ask for an everyday thing** – our daily bread. Do you have any requests you believe are too small to ask God for? In contrast, do you have any requests that feel so big you're unsure God can or would answer them?
3. It's been said the most powerful prayer we can pray is also the simplest: "God, help." Does this kind of short, simple prayer free you to pray more or does it seem insufficient? What does your response say about how you believe God is involved with your life and hears your prayers?
4. [Read Matthew 6:25-27 NIV](#). Jesus encourages us to remember our value to Him when we struggle with worry. What would you need to do to live out these verses in your current needs, circumstances or worries? Be specific: I would need to \_\_\_\_\_ [give up control, trust God more, believe I'm valuable, swallow my pride, etc.] Turn that need into a prayer and ask God to help you cultivate this verse into your life.

**Prayer:** *Jesus, thank you for hearing my prayers. Thank you for responding and providing by answering them. Help me to learn to ask you every day for everyday things. Cultivate a spirit of gratitude in me as I seek your will and trust in your ability to answer my prayers. Father, give me the courage to ask for what I need and the humility to receive the help you give me. Amen.*

### Dig Deeper Opportunity

[Read Romans 1:10-12 NLT](#). Asking for what we need invites God to respond and provide, but it also allows people around us to care for and support us, even using the gifts God has given them to do so. It's an opportunity to practice mutual encouragement – to both exercise our faith and have our faith encouraged by trusted community. How can you put this into practice in your own life? Do you need to trust others by asking for what you need, or might you be the someone who can reach out and meet the needs of others?

Want to connect in community? We can help. Visit [cultivate.sc/community](https://cultivate.sc/community) to learn more!