

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” Mark 1:35 (NIV)

“Lord, teach us to pray.” (the first disciples)

- **Help.**

“God is our refuge and strength, always ready to help in times of trouble.” Psalm 46:1 (NLT)

- **Thanks.**

“One of them, when he saw that he was healed, came back to Jesus ... thanking him for what he had done.” Luke 17:15,16a (NLT)

- **Wow.**

“psst ... this is why you read your Bible ...”

Study Guide

1. How would you describe yourself as a conversationalist? A natural? Person of few words? Best served by specific topics? Struggle with language? (The great news is that all of those conversation ‘styles’ can be utilized in your approach to prayer ...)
2. No guilt, no judgement, okay? How would you assess your personal prayer life? When do you feel you pray most effectively? What are your biggest challenges to overcome?
3. Take a moment to make things really simple, really practical. Use the template we talked about on Sunday and craft a prayer for each;
 - Help - Something you need help with.
 - Thanks - Something you are thankful for.
 - Wow - Something God has done that has amazed you.
4. Done!