

PRAYER WHEEL



SESSION ONE

The Prayer Wheel is a simple tool that leads you through one-hour-prayer. You can obviously go faster or slower...it's up to you.

QUESTIONS

1. Consider the Prayer Wheel tool. What do you like about it? What does it help you do that you may not usually do in prayer?

2. What is your favorite thing about prayer?

3. What is the most difficult thing about prayer for you personally?

4. **Step One: Invite**

How do you typically begin prayer? How could starting prayer by inviting the Holy Spirit to come help you get your heart positioned right for God to draw near to you.

5. Inviting God's presence for 10 minutes will often look like getting quiet, listening, and resting in Him before we start talking. Do you do those things naturally or do you have to really be intentional to do those things?

6. **Step Two: Praise**

Do you praise God in prayer? Why or why not? How do you personally praise him?

7. What are ways you can extend your time and emphasis of praising and thanking God in prayer?

SESSION TWO

The Prayer Wheel: review the tool and ask which step stands out as unique for them.

QUESTIONS

1. What was one good thing that happened this week through your prayers?

2. **Step Three: Forgive**

Why is forgiveness such an important part of our spiritual life?

3. Give & Receive Forgiveness. We must return to God with repentance in our heart and continue to receive his forgiveness for our sins. We must graciously offer forgiveness to those who've hurt or wronged us.

5. How can you be more consistent in spending time in giving and receiving forgiveness in prayer and in your heart?

6. **Step Four: Contend**

The scriptures teach us to pray with shameless audacity and to be persistent in our prayers. What is a prayer you must be persistent with?

7. As a church we contend in prayer for revival to come upon our church and city. Do you think about revival in your life or in our church? How so? How would you like to see God move in our days?

8. Pray Together. Contend for revival.

SESSION THREE

The Prayer Wheel: review the tool and talk about prayer length. This tool suggests one-hour-prayer but that is just a number, not a rule. How long do you pray? Do you want to pray more?

QUESTIONS

1. **Step Five: Ask**

You can ask - Jesus said so in Matthew 7:7-12! You are able to bring your requests before God.

2. Do you find it weird/ difficult to ask God for things? Why or why not?

3. In addition to personal asks, what other things should we be asking for in prayer? (interceding for others, community needs, church, other)

4. **Step Six: Silence**

The final step encourages us to turn our ears to Heaven by getting quiet and listening for the Holy Spirit to speak to our hearts.

5. Distraction with our phones, busyness, music, and our minds racing all the time can make silence a difficult practice. What is challenging and refreshing about silence for you?

6. How does this Prayer Wheel help you think about how you can pray and connect with God moving forward.

7. Pray Together.