



Sermon Discussion Guide for Groups

“How to Pray”

Preached by Daniel Grothe

July 20th 2025

Summary

Have someone in your group read the following summary aloud.

Pastor Daniel delivers a sermon titled 'Remembering How to Pray,' focusing on prayer as one of the four core distinctives of New Life Church. He emphasizes that prayer is not an optional upgrade but essential to Christian life, using Mark 1:35 as his text where Jesus went to a solitary place to pray. The sermon presents the acronym PRAY (Pause, Rejoice, Ask, Yield) as a framework for developing a meaningful prayer life, reminding the congregation that prayer is the soul's native language and central to our relationship with God.

Key Passage | Mark 1:35 (NIV)

"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."

Summary - Jesus rises early in the morning to spend time alone in prayer. This verse highlights His commitment to communion with God the Father and the importance of solitude and prayer in spiritual life, even amidst a busy ministry.

Opening Prayer

Open your session in prayer, using the words below or your own

Heavenly Father,

as we gather to discuss the power of prayer in our lives, we ask that You would open our hearts and minds to Your teaching. Just as Jesus sought solitude to commune with You, help us learn to pause in our busy lives to hear Your voice. Guide our conversation today, and may each person leave with a renewed commitment to prayer. Show us what You want us to learn about connecting with You in deeper ways. In Jesus' name, **Amen.**

Getting Going

Allow time for each member to answer the following questions before moving on.

When was the last time you were completely disconnected from technology (no phone, computer, TV) for at least a few hours, and what did you do during that time?

Discussion Questions

Answer as many of the following questions as time and interest permit.

1. Pastor Daniel mentioned that 'to be human is to pray.' How does this statement challenge or affirm your understanding of prayer?
2. The sermon presented the PRAY acronym (Pause, Rejoice, Ask, Yield). Which of these four elements do you find most challenging in your own prayer life and why?
3. What are some practical ways you could incorporate more pauses throughout your day to reconnect with God?
4. How has God answered 'no' to a prayer in your life that you later recognized as His protection or redirection?

Making It Personal

Take the opportunity noted below to apply this week's sermon to your everyday life

This week, commit to implementing the PRAY method (Pause, Rejoice, Ask, Yield) in your daily life. Carve out a dedicated space and time—preferably the same each day—where you can meet with God without distractions. Start by **pausing**: take a few deep breaths, silence your phone, and quiet your

thoughts to become fully present before God. In a world filled with constant noise, this intentional stillness can become a sacred rhythm.

Next, **rejoice** by reflecting on the goodness of God. Thank Him for specific blessings in your life, whether big or small—a sunrise, a conversation, an answered prayer. Gratitude shifts your heart from worry to worship and helps you recognize God’s presence in the everyday.

Then, **ask** boldly and honestly. Bring your needs, worries, and questions before God, trusting that He cares and listens. Be real with Him—whether you're feeling hopeful or exhausted, confident or confused. He welcomes it all.

Finally, **yield**. This is the hardest yet most transformative step—surrendering your plans and desires into God's hands. Pray, “Not my will, but Yours be done,” and open your heart to His guidance, even when it challenges your own agenda.

Key Takeaways

Commit to memory one point from the message before you dismiss.

Which of these points will you carry with you this week?

- Prayer is not an optional upgrade for advanced Christians but essential for all believers - it's the soul's native language.
- Jesus modeled prayer by seeking solitude and making it a priority, even with his busy ministry schedule.

- The PRAY method (Pause, Rejoice, Ask, Yield) provides a biblical framework for developing a meaningful prayer life.
- We often treat prayer as a spare tire (emergency use only) when it should be our steering wheel (guiding our daily lives).

Closing Prayer

Have someone from your group close you time in prayer, using the words below or your own.

Lord, thank You for reminding us of the power and necessity of prayer in our lives. We confess that we've often treated prayer as optional or reserved it only for emergencies. Help us to pause in our busy lives, to rejoice in Your goodness before asking for our needs, and to yield our desires to Your perfect will. May we become people who clasp our hands in prayer as the beginning of an uprising against the disorder in our world. Stir in us a renewed passion for prayer that transforms our homes, our church, and our community. In Jesus' name, **Amen**.

Verses for Further Study

- **PAUSE** - Lamentations 3:25-28
- **REJOICE** - 1 Thessalonians 5:16-18
- **ASK** - Matthew 7:7-11
- **YIELD** - Luke 22:42