

Holiday Bible Study

12.3.24



The Lord's Prayer Week 1 Taylor Gibson

Scripture:
Matthew 11:28-30
Luke 11:2-4
Matthew 6:5-13

Benefits of Prayer:

1. Reduction in _____ & _____
2. Improved _____ well-being
3. Neurobiological effects

Ways to incorporate prayer:

- Each day of the week or month pray for a specific thing-government, leaders, personal, lost friends, church, etc.
- Keep a notecard in your Bible with a list of prayer requests. As you read your Bible and see verses that apply, add them to the notecard.
- Pray the armor of God over yourself, spouse, kids, parents, etc.
- Put a reminder on your phone to pray at a specific time each day.
- 31 days of prayer resources (pg. 91)

Resources:

- Stormie O'Martian books
- Praying Like Monks, Living Like Fools by Tyler Staton
- Praying the Bible by Donald Whitney
- Live a Praying Life by Jennifer Kennedy Dean

Questions to ask yourself:

- What does your prayer life say about what you believe about yourself?
- What does your prayer life say about what you believe about God?
- What parts of your day can you incorporate more prayer?

Ways to Connect: (Check for upcoming events, information & encouragement!)



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