



## *Plan to Grow | Pray Unceasingly*

Jan. 23 | Pastor Matt Anderson

### **WARM UP**

1. What's the best book you've ever read?
2. What stood out to you in this week's message?

### **DIG IN**

3. Read Genesis 4:23-26. Why do you think this moment was when people started to cry out to God in prayer?
4. Why are good impulses (like the impulse to pray, get married, accept a job, etc.) insufficient? Why is it necessary to become intentional to prevent impulses from severing our connections?
5. Where are you on the path of growth with regard to scripture, from open to overflowing?
6. Which of the suggested methods for prayer most resonate with you as something you'd like to try or continue?

### **WRAP UP**

6. Reread I Thessalonians 5:16-18. What is the connection between intention prayer and communal prayer in fostering unceasing prayer?

### **EXTRA CREDIT**

7. Study Matthew 6:15-25 in order to write a one-sentence summary of Jesus' teaching on prayer in the passage. Then share it with others for feedback.
8. Try inserting yourself into the setting of Luke 18:9-14. What do you see, hear, feel and notice as you watch the story unfold? How is the story different "on the inside"?
9. Read Philippians 4:6-7. How would you encourage and pray for an anxious friend using this Passage, in a way that goes beyond a religious cliché?



**Series: *Plan to Grow***  
**Title: *Pray Unceasingly***  
**Speaker: *Matt Anderson***

Who discovered electricity?

Who discovered prayer? Genesis 4:26

Impulsive humans \_\_\_\_\_ from God

Impulsive humans lose \_\_\_\_\_ to each other

We discover the impulse to \_\_\_\_\_ (reconnect).

Spiritual Growth Assessment: From impulsive to \_\_\_\_\_

2019 survey of phone use

Impulsiveness \_\_\_\_\_ connection.

What if prayer...

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Prayer practices:

- A) Intentionally pray with \_\_\_\_\_.
- B) Envisioning \_\_\_\_\_.
- C) ACTS
- D) Identify Prayer \_\_\_\_\_ (Luke 6:12).
- E) Memorize & Meditate
- F) Just \_\_\_\_\_.

I Thessalonians 5:17 calls us to pray \_\_\_\_\_. This was written to \_\_\_\_\_ of believers, not disconnected individuals.

Intentional Prayer > Communal Prayer > Unceasing (wifi) prayer

***New Community Groups semester***  
-[Surprisechurch.com/groups](http://Surprisechurch.com/groups)