



## Sermon Discussion Guide

May 24 & 25, 2025

"How Can I Upgrade My Prayer Life?"

[Matthew 7:7-11](#)

**10 Big Questions About the Christian Life** is a sermon series inviting us to wrestle with the most important questions of faith that shape how we live every day. Each week explores a key question that draws us deeper into God's truth and calls us to live out the hope of the resurrection. This series challenges us to move from belief to action, building a faith that transforms both our lives and the world.

### PRAY & CONNECT

Open in prayer and invite the Holy Spirit into your conversation. Ask God for wisdom and discernment and trust him to guide you. Take time to recap the message or view it on [hopeonline.tv](#). Did you have any ah-ha moments where you felt convicted, compelled, or inspired during the sermon? What's been on your mind this week? Have you been able to apply the message to your everyday life?

### GROW

Read [Matthew 6:5-13](#) – *"Teaching About Prayer and Fasting"*

- In what ways can we make sure our prayers stay focused on God rather than on impressing others?
- Why might Jesus have chosen to give us the specific words of the Lord's Prayer instead of just teaching general principles?
- What does it mean for God's kingdom to come "on earth as it is in heaven"? How might this shape your prayers, priorities, or perspective during the week? What would change if you actually expected God to answer that prayer in your life?
- Why do you think Jesus includes daily needs and forgiveness in the same prayer?

Read [Hebrews 4:16](#) – *"Christ Is Our High Priest"*

- What feelings arise when you hear the invitation to "come boldly to the throne of our gracious God"? Why might that feel difficult for some people? How have your past experiences with authority shaped the way you approach God?
- What does it mean that we approach a "throne of grace" rather than a throne of judgment?
- What practical barriers keep you from coming to God regularly in prayer? How could this verse reshape your daily habits?
- In what ways have you experienced God's mercy and grace in your time of need?

Read [1 Thessalonians 5:17](#) – *"Paul's Final Advice"*

- How does the idea of "never stop praying" make you feel—encouraged, overwhelmed, skeptical?
- How does continuous prayer fit with our understanding of God's presence and our relationship with him?
- What would it look like to pray without ceasing as a teacher, parent, businessperson, student, or retiree?
- Who in your life models a prayerful lifestyle, and what impact has that had on you or others?

Read [Psalm 22:1](#) – *"A Psalm of David"*

- Have you ever felt abandoned by God or struggled to express that feeling honestly?
- Why do you think this verse, which Jesus quotes from the cross, is preserved in Scripture? What does it reveal about the nature of God, our relationship with him, and the place of lament in faith?
- What practical ways can we make space for honest prayer, including feelings of doubt or despair, in our personal spiritual lives?
- Have you ever seen God bring healing, comfort, or growth through a season of questioning or suffering?

### APPLY

Pick one of the applications below to put into practice this week ...

- **Practice a prayer rhythm.** Set aside intentional moments each day to pray—morning, mid-day, and evening. These don't have to be long or eloquent. Even short, honest prayers ("Lord, I need you" or "Thank you, God") can keep your heart oriented toward God. Start with the Lord's Prayer once a day, then add your own words.
- **Pray honestly, not perfectly.** Sometime this week, pray without scripting or filtering your words. Tell God what you're feeling—even if it's doubt, anger, or pain. Let your sighs and silence be part of your conversation with him. Remember: God already knows your heart—he invites you to bring it all to him.
- **Pray with others.** Before the week ends, initiate prayer with someone else. Keep it simple. Even praying a sentence or two out loud together can deepen your connection and help you experience God's presence in community.