

Follow Me

Pray Like Jesus



MAIN IDEA

We all know prayer matters, but many of us still struggle with how, when, and what to pray. In this episode, we take a closer look at how Jesus prayed — not just what He said, but how He lived a life rooted in prayer. From rhythms and posture to Scripture and spontaneous praise, we're invited to reimagine prayer not as performance, but as presence with God. Whether you're stuck in a rut or just getting started, this conversation offers fresh insight and encouragement to help you pray more like Jesus.

DISCUSSION QUESTIONS

1. What is a prayer you'll always remember, and why does it stick with you?
2. How have your habits or environment shaped the way you pray?
3. Which element of Jesus' prayer life challenges you most: rhythm, posture, Scripture, or spontaneity?
4. What would it look like to follow Jesus more closely in your prayer life this week?

Follow Me

Pray Like Jesus



PRACTICE

1. Set a rhythm.

Pick one time of day to pray every day this week. Treat it like an appointment with God, consistent and sacred.

2. Pray with Scripture.

Use the Lord's Prayer, Psalms, or the Greatest Commandments as a starting point. Let Scripture shape your words.

3. Involve your body.

Try praying out loud, kneeling, or lifting your hands. Let your posture reflect the presence of God.

SCRIPTURE

Acts 3:1

LUKE 24:50

Matthew 6:9–13

NOTES
