

# “Why Pray” Discussion Guide

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1. Open the session with prayer. Ask if there is someone who would like to volunteer to pray with the group. If not, be prepared to pray.
  
2. Read Mark 1.29-39
  - a. In this passage Jesus heals Peter’s mother-in-law, then that evening he “cures many who were sick with various diseases and cast out many demons.” The next day he tells the disciples of his intention to go throughout the region of Galilee proclaiming the good news and healing. But, interspersed between these two, Jesus gets up early and goes off by himself to pray. We see throughout the gospels that Jesus does this regularly. What are your “best practices” when it comes to your prayer life?
  
3. Jesus, the Son of God, knows better than anyone how the universe works. After all, before he came to earth, he spoke worlds into being and sustained all that exists. Yet while Jesus was on the earth, scripture tells us that he frequently prayed. In each of the following situations, why do you think prayer was important to Jesus? What do you think Jesus wanted to accomplish by his prayers?
  - Matthew 14.8-15, 19-23
  - Mark 1.29-37
  - Luke 6.12-13
  - Luke 22.39-46
  
4. For Jesus, prayer was the lifeline that connected him with his Father and his Father’s will. We’ve seen several examples that show how important prayer was to Jesus. John 17.6-19 records a prayer that Jesus offered on behalf of his disciples shortly before his departure from earth. What in his prayer indicates that prayer would also be essential in the lives of his disciples (then and now) as they continued God’s work on earth?
  
5. Jesus didn’t stop praying for his disciples after he ascended to heaven. In fact, the New Testament’s only glimpse of what Jesus is doing right now depicts him at the right hand of God where “he always lives to intercede” for us (Hebrews 7.25). Just as Jesus once prayed for Peter and his disciples, he now prays for us.
  - a. What does it mean to you that Jesus makes prayer one of his primary tasks?

- b. What does his example of ongoing prayer for us reveal about the importance of prayer?
- c. If Jesus continues to participate in God's work through prayer, how significant is it that we too can participate in God's work through prayer?
- d. What does it mean to you, personally, to know that Jesus is praying specifically for you?