

**Prayer Training for the Rest of Us (Part 1)  
(The Lord's Prayer)**

"5 Simple Practices for Establishing a Personal Prayer Habit"  
Luke 11:1-11

**5 Simple Practices for Establishing a Personal Prayer Habit**

Prayer was a \_\_\_\_\_ in the life of Jesus and that sense of priority was passed on to his disciples.

(Don't do this \_\_\_\_\_) **Complete The Prayer Course with your small group.**

(Keep it \_\_\_\_\_) **Pray a minimum 2 minutes a day, every day**

His \_\_\_\_\_ to their request is to give them a prayer to pray.

The guy with the simple exercise routine was mastering the \_\_\_\_\_ of showing up.

(M\_\_\_\_\_ it rewarding) **Keep a Prayer Tracker**

The \_\_\_\_\_ way to establish a new habit is to make it immediately rewarding.  
The tracker is rewarding.

(Get \_\_\_\_\_ and accountability) **Join the Prayer Challenge**

Text "prayerhabit" to 555-888.

(We \_\_\_\_\_ a regular place to pray) **Consistently return to the same place for your prayer time.**

You can pray in \_\_\_\_\_ place. You should pray in every place. But you need a certain place to deepen prayer.

**PRAYER TRACKER (WEEK OF MAY 10-16)**

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**Personal Reflection & Small Group Questions**

Please complete this study on your own, then bring it to your small group for discussion.

1. The Lord's Prayer is simple and short. It takes less than 30 seconds to pray it slowly. But why is it such a profound prayer?

2. Watch Session One ("Why Pray?") of The Prayer Course ([www.prayercourse.org](http://www.prayercourse.org)). What did you find most helpful or most challenging in the video?

3. Pete Grieg says, "Keep it simple. Keep it real. Keep it up." How does this this advice help you in your prayer life?

Prayer Toolshed:

- Prayer Tool - a - <https://bit.ly/2YNOaPr>
- Prayer Tool - [How to Have a Quiet Time](https://bit.ly/3bhHkVb) - <https://bit.ly/3bhHkVb>
- Prayer Tool - [How to Pray the Lord's Prayer](https://bit.ly/3ciQ6Uj) - <https://bit.ly/3ciQ6Uj>