
ENABLE 2.2

Struggles In Prayer
Small Group Session Six
Week Beginning 5th November



Struggles in Prayer

This is week two in the School of Prayer. Prayer is a wonderful gift that is given to the church to enable us to live and grow as disciples of Jesus. Each week, in this part of ENABLE, we are looking at different prayers and teaching about prayer in the New Testament. Each week, we are reflecting on our own patterns and life of prayer.

We started by thinking about the framework for prayer. We were encouraged to cherish the things that are of eternal significance - to give thanks to God for those things in one another and to pray eternal things for one another.

As wonderful as that may have sounded, we all know that, in practice, we struggle with the reality. There are many different reasons why we find it hard to pray. So, this week, we are going to explore why many of us find we spend little time in prayer.

As we work through this session, it will help if we are honest about the struggles we have. We don't need to pretend. God knows our lives and the secrets of our hearts - He is not fooled. If others decide to judge you by the reality of your prayer life - more fool them. In fact it is helpful to be honest. It is helpful to realise that we all struggle, as knowing that we all struggle opens the door for us to help one another.

So why not begin your session together in prayer - pray for one another. Pray that you would be able to reflect to together honestly. Pray that, as a result of this session, you might have new motivation to give time to prayer!

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-17

Reasons to not Pray

1 The problem and the cure

There are many reasons why we struggle to pray and why we struggle to give time to prayer.

Why not start this session by spending a couple of minutes individually asking group members to list for themselves some of the reasons they struggle to spend time praying.

Now, grab a large sheet of paper and list them all out. Identify any reasons the group might have in common - those are probably the ones to consider first.

Next, for each reason we are going to do four things to help support one another in these challenges:

1. Outline the reason and what it feels like in practice.
2. Seek to understand what lies underneath the presenting reason.
3. Consider specific passages in the New-Testament that might minister to our concern or help us overcome the reason.
4. Turn to pray that we would take these lessons to heart.

You might only have time to run through these steps for three or four of the issues, so do pick the issues you might have in common as a group. A number of different issues are suggested below to help you think. For each of those I have suggested some New-Testament passages you might look at.

2 Conclusion

As you draw the session to a close, spend a moment commenting on how you have found this exercise. Might it help to continue? Is there anything you want to resolve to do or to conclude as a result of this session? How might thinking like this impact your prayers this week? How can you better support one another in prayer?

Finally, close the session in prayer.

I don't know how to pray. Luke 11:2-4

I am too busy to pray. Luke 10:38-42

I don't feel able to pray. Luke 18:1-8, Romans 12:12

I don't believe that God will answer my prayers. Luke 11:5-13

I don't really feel I need to pray (my life goes on regardless). Philippians 2:12-13, 2 Cor 12:9-11

I feel too bitter to pray because of the way others have treated me. Mark 11:25, Ephesians 4:31-32

I am lukewarm towards God and actually desire the things of this world. James 4:1-4





Autumn Term Timetable

Introducing ENABLE - Central Meeting

7:30pm Thursday 7th September

Small Group Session 1.1

Week beginning 10th September

Prayer Meeting Week

7:00pm Trinity-wide hosted at All Hallows - 20th September

Small Group Session 1.2

Week beginning 24th September

Small Group Session 1.3

Week beginning 1st October

Small Group Session 1.4

Week beginning 8th October

Prayer Meeting Week

7:30pm 18th/19th October

Half Term Break - Week beginning 22nd October

Small Group Session 2.1

Week beginning 29th October

Small Group Session 2.2

Week beginning 5th November

Prayer Meeting Week

7:30pm 15th/16th November

Small Group Session 2.3

Week beginning 19th November

Small Group Session 2.4

Week beginning 26th November

ENABLE into Action - Group Activities

Week beginning 3rd December

support and
encouragement
to live for Jesus