

TAKE THE NEXT STEP – PRAYER

Small Group Study

Key Strategy: Prayer

Mission Focus: *Grace Fellowship exists to glorify God by bringing people into a life-changing relationship with Jesus Christ.*

CONNECT

- When you think about the word *foundation*, what comes to mind?
- Share about a time when starting with the right foundation (spiritually or practically) made a real difference or when you failed to establish a proper foundation.

Note: Prayer is not an add-on to the Christian life—it is foundational.

REVIEW

In this message, we were reminded that just as a house needs a solid foundation, our lives, families, and church must be built on a strong spiritual foundation. The first and most essential strategy is **PRAYER**.

Prayer is:

- Relational
- Reverent
- Honest
- Thankful
- An expression of our dependence on God

Prayer was defined using the **ACTS** model:

- **Adoratio**
- **Confession**
- **Thanksgiving**
- **Supplication**

DISCUSS

A. ADORATION – Praising God for Who He Is

Read: 1 Chronicles 29:10–12; Psalm 145:1–3

- Why is it important to begin prayer by focusing on who God is rather than what we need?
- Which attributes of God stand out to you most in these passages?
- How does adoration reshape our perspective before we pray about anything else?

Key Truth: God delights in sincere praise from the heart, not polished or impressive words.

B. CONFESSION – Agreeing with God About Our Sin

Read: Proverbs 28:13; 1 John 1:8–9

- How would you explain the difference between feeling sorry for sin and truly confessing it?
- Why do you think confession is often the most neglected part of prayer?
- What promise does God attach to honest confession?

Key Truth: Confession leads not to shame, but to mercy, forgiveness, and renewal.

C. THANKSGIVING – Recognizing God's Grace

Read: Psalm 100:4; 1 Thessalonians 5:18

- Why does Scripture command thanksgiving even in difficult circumstances?
- How does gratitude shape our trust in God?
- What are some practical ways to cultivate a thankful heart through prayer?

Key Truth: Gratitude shifts our focus from what is lacking to the faithfulness of God.

D. SUPPLICATION – Depending on God for Our Needs

Read: Psalm 50:15; James 5:13–16

- What does it mean to ask God for help while still trusting His will?
- How does praying for one another strengthen the church?
- Why do you think God invites us to bring both big and small needs to Him?

Key Truth: Prayer acknowledges our dependence and invites God's power into our lives.

RESPOND

Which part of the ACTS model do you tend to emphasize most?

Which part do you tend to avoid or rush through?

Ask God to show you **one area** where He is inviting you to grow in prayer.

Close this time by praying through ACTS together as a group:

- One person offers **adoration**
- Another leads in **confession**
- Another voices **thanksgiving**
- Another prays **supplication**

APPLY – TAKE THE NEXT STEP

(5–10 minutes – practical obedience)

Prayer grows through intentional steps, not vague intentions. Choose one next step:

- Commit to a daily time of prayer.
- Use the ACTS model at least once this week.
- Set a reminder to pause and pray each day.
- Pray through a Psalm this week.
- Find a prayer partner.
- Pray daily for someone who does not yet know Christ.
- End each day by thanking God for five specific things.
- Pray intentionally for the members of your small group.

Share: Which next step are you committing to this week?

Closing Encouragement:

“One change, even a small one, can change the trajectory of your life.”

May this year be marked by a fresh resolve: **“I will be a man or woman of prayer.”**