

# 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.”**