1. Discuss reasons why believers don't pray:
   a) (Example: too busy)
   b)
   c)
   d)

2. Read Matthew 6:5-8. Jesus tells us how not to pray:
   “Don't pray like the hypocrites” (vs. 5-6)
   Share some examples of what this looks like.
   “Don't pray like the heathen” (vs. 7-8), such as meaningless repetition.
   Share some other examples.

3. Read Matthew 6:6. Discuss the importance of praying in secret (getting alone with God).

4. Discuss the elements of prayer: A-C-T-S

   Adoration: praising God for who He is - Go through the “ABC’s”
   Example: God is almighty, God is big, God is caring, etc. (Finish the alphabet with character qualities of God)

   Confession: 1 John 1:9; Ps. 66:8; Is. 59:2
   Why is confession important?

   Thanksgiving: 1 Thess 5:17; thank God for what He has done
   Give examples: Physical blessings - eyes
   Material blessings - phone
   Spiritual blessings - Bible
   People - my family
   Trials - (James 1:2-4)

   Supplication: Praying for others and praying for yourself
   Take prayer requests and have one person in your group prayer

Verses about prayer:
1 John 1:9    James 4:3    Psalm 66:18    James 5:16