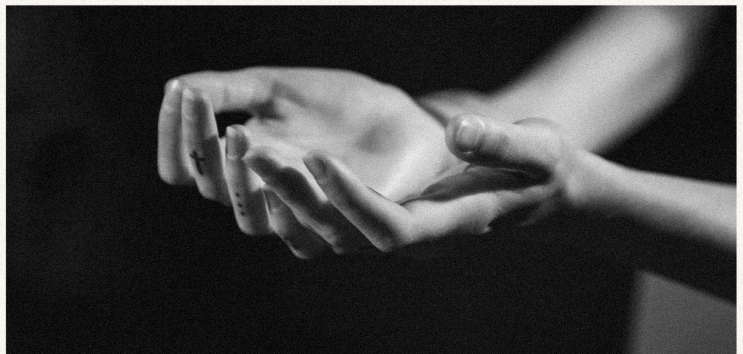




A Prayer Shaped Life

Prayer
Guide





A Prayer Shaped Life: Prayer Guide

Table of Contents

Accessing the Online Guide - A Prayer Shaped Life

Introduction: An Invitation Into A Prayer Shaped Life

What to Expect in This Guide

A Grace Note for the Journey

Prayer Rhythm:

Week 1 – Teach Us How to Pray

Week 2 – Praying Like Jesus

Week 3 – Ask, Seek, Knock

Week 4 – The Blessing of Unanswered Prayer

Week 5 – The Crisis of Prayer

Week 6 – The Power of Intercessory Prayer

Week 7 – My House Shall Be a House of Prayer

Appendix:

A Leader's Guide to Shepherding A Prayer Shaped Group



FULLY ALIVE (App)
Living Hope Community Church
Online Guide - A Prayer Shaped Life

A Prayer Shaped Life: Prayer Guide

Online Guide

Accessing the Online Guide - A Prayer Shaped Life

To access the A Prayer Shaped Life online guide, you will need to create a login on the **Fully Alive** app. Scan the QR code to the left.

Step 1: Create Your Fully Alive Account

If you are new to Fully Alive, create your login and sign in.

This QR code gives you access to Living Hope Community Church's space within the app.

- If you download the app directly from the App Store, you will still need to scan the QR code to gain access to our Living Hope content.

Note: You may see a message that says your account needs approval. If this happens, simply log out and log back in, and it should work.

Step 2: Find A Prayer Shaped Life

Once logged in on the App, open the left-side menu.

Select [Living Hope Community Church](#).

You can find [A Prayer Shaped Life](#) in one of the following places:

- Your Landing Page, or
- Our Courses

You may also scan the QR code provided to go directly to the guide if you already have access.

Need Help?

If you have any trouble accessing the guide, please contact:

ben.tabbal@livinghopecc.org

A Prayer Shaped Life: Prayer Guide

Introduction

An Invitation Into A Prayer Shaped Life

Most of us know we should pray more.

Some of us already do.

And some of us - if we're honest - wonder whether prayer actually changes anything at all.

If that's you, you're in good company.

Prayer can feel confusing, frustrating, or quietly disappointing. Sometimes it feels powerful and alive. Other times it feels repetitive, awkward, or like we're talking into the ceiling. Even people who have walked with God for years can find themselves asking, *Am I doing this right? Is this really helping?*

This guide is not here to manufacture prayer, upgrade your prayer style, or guilt you into praying longer. It's also not trying to radically overhaul your prayer life in a few weeks. If transformation worked that way, Jesus would've scheduled a weekend retreat and called it done.

Instead, this guide is an invitation - an invitation to **grow**.

Prayer is not something we graduate from. It's something we return to, again and again, throughout our lives. Whether you're new to prayer or have been praying for decades, there is always more depth, more honesty, more trust to discover. We don't outgrow prayer - we grow into it.

At its heart, prayer is not about getting better at saying the right words. It's about deepening **communion with God** - learning to turn toward Him in every season, to listen as well as speak, to trust Him with both our needs and our unanswered questions.

But prayer was never meant to be only a private experience.

A Prayer Shaped Life: Prayer Guide

Introduction

Throughout Scripture, God forms His people not just as individuals who pray, but as a **community that prays together**. When God's people gather to pray - bringing their hopes, burdens, doubts, and longings before Him - something begins to shift. Faith deepens. Unity grows. We learn to depend on God not only for ourselves, but for one another.

This season is an invitation to grow in both ways:

- to pray personally, and
- to learn how to seek God **together as a church**.

That may feel unfamiliar or even uncomfortable at times. Corporate prayer often stretches us because it asks us to slow down, to listen, and to trust God in community. That's okay. Growth usually feels that way.

This season is not about proving that prayer "works."

It's about discovering how prayer **shapes us** - individually and together - into a people who trust God, wait on Him, and move forward in hope.

We pray not because we've figured it out, but because we haven't.

We pray not because we're strong, but because we're human.

And we keep praying because a relationship with God - and with one another - is always worth deepening.

So come as you are - curious, skeptical, hopeful, tired, hungry, or unsure.

There's no finish line here. Only an invitation to walk with God, together.

And that journey - personal and communal - is always worth taking.

A Prayer Shaped Life: Prayer Guide

Introduction

What to Expect in This Guide

This Prayer Companion Guide is designed to walk alongside our sermon series and to support both personal prayer and prayer practiced in community.

Each week includes:

- A brief Scripture focus to ground our time in God's Word
- A short reflection to help frame prayer in a meaningful and accessible way
- A few discussion questions for reflection or group conversation
- A simple prayer practice to try during the week

You do not need to complete every section each time. Some weeks you may linger longer in Scripture. Other weeks you may focus more on prayer practice or group prayer. That's okay. This guide is meant to **serve you**, not burden you.

For those in Cell Groups, this guide is meant to help you pray together, listen together, and grow together. For those using it on your own or with family, it offers a rhythm you can adapt to your life and season.

Most importantly, this guide is not about getting prayer "right." It's about showing up - week by week - and allowing God to shape us through prayer over time.

Come with openness, patience, and grace for yourself and others. Growth in prayer is rarely dramatic, but it is always meaningful.

A Prayer Shaped Life: Prayer Guide

Introduction

A Grace Note for the Journey

"The Lord is gracious and compassionate, slow to anger and rich in love."
Psalm 145:8

If you miss a week, fall behind, or feel like your prayer life didn't "keep up," you're not failing.

This guide is not a checklist to complete or a pace to maintain. It's a companion for the journey. Some weeks you may engage deeply. Other weeks you may barely open the guide. God is not keeping score.

Prayer does not grow in a straight line. It grows through seasons - through consistency, interruptions, doubt, waiting, and returning again. Even showing up imperfectly is still showing up.

If you miss a week, don't try to catch up. Just pick up where you are and keep going.

Grace is not the reward for finishing well.
Grace is what carries us as we learn to walk with God.

PRAYER RHYTHM - WEEK 1

Teach Us How to Pray

Sunday, February 15, 2026

Matthew 6:9–13

Prayer Focus

Learning to approach God as Father and allowing prayer to reshape your priorities.

Scripture & Formation Insight

Invitation Story

Many people struggle with prayer not because they don't believe in God, but because they're unsure what to do once they begin. They sit down with sincere intentions, say a few words, and then feel stuck - unsure if they're praying the right way, saying the right things, or feeling the right emotions.

The disciples felt this too. That's why they asked Jesus, "Teach us how to pray." And Jesus didn't correct them or raise the bar. He gave them words - not to restrict prayer, but to release it. Prayer was never meant to be impressive or complicated. It was meant to be a place where you are welcomed, guided, and gently formed in the presence of a loving Father.

The Lord's Prayer is not a script to perform, but a doorway to enter.

When Jesus teaches His disciples to pray, He begins not with requests, but with relationship. Calling God "Our Father" reframes prayer from religious duty into relational trust. You are invited to approach God not as a distant authority, but as One who is near, attentive, and good.

Jesus also shapes the direction of prayer before the content of prayer. The opening lines focus on God's name, God's kingdom, and God's will. Before bringing personal needs, prayer reorders your heart - lifting your vision beyond yourself and aligning your desires with God's purposes. Prayer be-

PRAYER RHYTHM - WEEK 1

Teach Us How to Pray

comes a formative practice that shapes who you are becoming, not merely a way to change circumstances.

Prayer Insight

Prayer does not begin with what you need, but with who God is. When Jesus teaches you to pray to God as Father, prayer stops being a way to earn God's attention and becomes a way to receive His care. From this place of trust, your desires are slowly reshaped around God's name, God's kingdom, and God's will.

What to Expect This Week

This week's group time is designed to help you move beyond talking about prayer and gently step into practicing prayer together. There is no pressure to pray out loud or have the "right" words. Silence, short prayers, and simply being present are all welcome.

You may notice intentional time spent slowing down and praying together. This is meant to be a safe space to experience prayer—not a performance or a test. Come as you are, participate as you're able, and trust that God meets us with patience and grace.

DISCUSSION QUESTIONS

Ice-breaker:

What is one word you would currently use to describe your prayer life?

1. Why is Jesus' teaching us to pray to God as "Our Father" such a "revolutionary" idea? How can this challenge or change the way you personally approach God in prayer?
2. When prayer feels difficult or distant, do you tend to see it more as a duty or as a relationship? What makes it feel one way or the other for you?

PRAYER RHYTHM - WEEK 1

Teach Us How to Pray

3. In looking at the Lord's Prayer, what stands out to you about the priorities that Jesus sets for our prayer lives (God's name, kingdom, and will)? How do these compare to what you usually pray for?
4. What might it look like this week to pray "Your will be done" in a specific area of your life (work, family, relationships, decisions)?

Personal Reflection

- When you think about prayer, do you feel more pressure or invitation?
- Which line of the Lord's Prayer do you find yourself rushing past most often?
- Where might God be inviting you to trust Him more deeply this week?

PRAYER PRACTICE FOR THE WEEK

How to Read - Pray: The Lord's Prayer

Use this guide once or multiple times this week. There is no rush. Allow space for God to meet you where you are.

Step 1: Get Ready (30 seconds)

- Find a quiet spot.
- Take three slow, deep breaths.
- Pray: "Father, help me be present with You."

Step 2: Read It Slowly (Once)

Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.

PRAYER RHYTHM - WEEK 1

Teach Us How to Pray

And lead us not into temptation,
but deliver us from evil.

Step 3: Pray It Line-by-Line

1. **“Our Father in heaven...”** (Relationship)
“Father, thank You that I belong to You. Help me come to You as Your child today.”
2. **“Hallowed be your name.”** (Worship)
“God, make Your name honored in my life today.”
3. **“Your kingdom come...”** (Kingdom)
“Lord, let Your reign be felt in my home, my work, my city, and our church.”
4. **“Your will be done...”** (Surrender)
“God, align my desires with Yours.”
5. **“Give us this day our daily bread.”** (Dependence)
“Father, provide what I need today—physically, emotionally, spiritually.”
(Name specific needs.)
6. **“Forgive us... as we also have forgiven...”** (Confession & Release)
“Father, show me what I need to confess.”
“I receive Your forgiveness.”
“Help me forgive _____. I release them to You.”
7. **“Lead us not into temptation... but deliver us from evil.”** (Protection)
“God, guard my mind and heart today.”
(Name areas of struggle.)
“Give me a way out when I’m tempted.”

PRAYER RHYTHM - WEEK 1

Teach Us How to Pray

GUIDED PRAYER RESOURCE

For an audio or video-guided prayer of The Lord's Prayer, scan the QR code below.



PRAYER RHYTHM - WEEK 1
Teach Us How to Pray

Notes:

PRAYER RHYTHM - WEEK 2

Praying Like Jesus

Sunday, February 22, 2026

Mark 1:35; Luke 5:16; John 10:27; Luke 22:41–42

Prayer Focus

Learning to live in communion with God through silence, listening, and surrender.

Scripture & Formation Insight

Invitation Story

Many people think of prayer primarily as something we do - words we say, requests we bring, needs we name. But when life gets noisy and hurried, prayer can slowly become another task to complete rather than a place to rest.

Jesus lived a demanding life. Crowds pressed in, needs were urgent, and expectations never stopped. Yet Scripture repeatedly shows Him withdrawing to lonely places to pray. Silence was not an escape from responsibility - it was how Jesus remained rooted in communion with the Father. In stillness, He listened. In solitude, He was strengthened. In prayer, He learned to surrender.

Prayer, as Jesus modeled it, is not only about speaking to God. It is about learning to be attentive to His presence and responsive to His voice.

The Gospels show that Jesus' prayer life was not reactive but rhythmic. He often withdrew to quiet places, creating space to listen to the Father and align His will with God's purposes. Prayer shaped not only what Jesus asked for, but how He lived, led, and surrendered. In silence and solitude, communion with God deepens, and trust is formed.

PRAYER RHYTHM - WEEK 2

Praying Like Jesus

Prayer Insight

Silence in prayer is not empty space; it is shared space. When you become still before God, you are not waiting for Him to speak as much as you are learning to listen to a God who is already present. In quiet attentiveness, prayer moves from control to communion and from effort to surrender.

What to Expect This Week

This week's group time may feel quieter than usual as we create space to practice silence and listening in prayer. Silence is not meant to be awkward or uncomfortable - it is simply a way of becoming attentive to God's presence.

There is no expectation to hear something specific or share anything out loud. This is an invitation to slow down, rest in God's nearness, and respond only as you feel comfortable. Come with openness rather than pressure, trusting that God meets us even in stillness.

DISCUSSION QUESTIONS

Ice-breaker:

Who is someone who has most shaped or modeled prayer for you in your life? What is one thing you noticed or learned about prayer from them?

1. Luke 5:16 (NIV) reads, "But Jesus often withdrew to lonely places and prayed." What is a place of solitude you tend to go to be alone with God, and why?
2. Jesus modeled prayer as both speaking and listening (see John 8:26–28). Which part of prayer feels more natural for you - talking or listening? Why?
3. What does "listening to God" in prayer practically look like in your life?

PRAYER RHYTHM - WEEK 2

Praying Like Jesus

Personal Reflection

- What makes silence or stillness difficult for you?
- When you pray, do you tend to fill the space with words, or leave room to listen?
- Where might God be inviting you toward deeper trust, obedience, or rest?

PRAYER PRACTICE FOR THE WEEK

Practicing Silence & Solitude

Use this prayer guide once or multiple times this week. Start small. Even a few minutes of silence can gently reshape your prayer life.

Step 1: Get Ready (30 seconds)

- Find a quiet spot.
- Slow down by taking three slow, deep breaths in and out.
- Say: "Father, I am here. Be with me. Speak to me."

Step 2: Read Scripture Slowly (1 minute)

- "Be still, and know that I am God." (Psalm 46:10)
- "My sheep hear my voice, and I know them, and they follow me." (John 10:27)
- Read each passage slowly. Allow the words to settle.

Step 3: Sit in Silence Before God (2–5 minutes)

- Simply be present with Him.
- Remind yourself that God is near.
- When your thoughts wander, gently return to a simple phrase such as: "I know You are with me."
- Or return to one of the Scripture verses above.
- Let your posture be one of openness and trust.

PRAYER RHYTHM - WEEK 2

Praying Like Jesus

Step 4: Receive and Reflect (1 minute)

As you sit quietly, notice:

- Is there a Scripture, prompting, or sense of peace you received?
- Is God inviting you toward trust, obedience, or rest?
- You do not need to force clarity. Simply receive.

GUIDED PRAYER RESOURCE

For an audio or video-guided prayer on Silence & Solitude, scan the QR code below.



PRAYER RHYTHM - WEEK 2
Praying Like Jesus

Notes:

PRAYER RHYTHM - WEEK 3

ASK, SEE, KNOCK

Sunday, March 1, 2026

Matthew 7:7-11

Prayer Focus

Learning to approach God with persistence, confidence, and trust in a good Father.

Scripture & Formation Insight

Invitation Story

Many people stop asking God for things not because they stop believing, but because they stop hoping. After praying for something again and again without seeing an answer, it can feel safer to lower expectations than to risk disappointment.

Jesus understands this hesitation. That is why He invites His followers to ask, seek, and knock - not once, but persistently. He does not promise that prayer will always change circumstances immediately, but He does promise that prayer will deepen trust in a Father who listens, cares, and gives what is truly good.

Prayer is not about wearing God down. It is about learning to come to Him with honesty and hope.

At the same time, Scripture never pictures prayer as something we carry alone. From the earliest days of the church, God's people brought their needs to one another - not to hand them off, but to hold them together before God. Sharing a prayer request is not giving up responsibility; it is inviting others to stand with you as you continue to seek God yourself.

Asking for prayer does not mean someone else prays instead of you. It means we pray with one another. We are not outsourcing faith - we are practicing it in community.

PRAYER RHYTHM - WEEK 3

ASK, SEE, KNOCK

Prayer Insight

God invites persistent prayer not because He is reluctant, but because prayer reshapes trust over time. Asking keeps us dependent, seeking keeps us attentive, and knocking keeps us returning to a Father who knows what we need.

At times, prayer feels unanswered - not because God is absent or indifferent, but because prayer is not only about outcomes. Scripture shows us that God answers prayer in different ways: sometimes by changing circumstances, sometimes by changing us, and sometimes by inviting us to wait and trust Him more deeply.

Jesus Himself prayed, "Father, if it is possible, let this cup pass from me," and yet entrusted Himself fully to the Father's will. The gospel reminds us that unanswered prayer is not evidence of God's distance, but often the place where His deeper work is happening. Because of the cross, we know that God is not withholding love from us - even when He withholds what we ask for.

Sometimes God delays because His timing is wiser. Sometimes He redirects because His purposes are better. And sometimes He reshapes our hearts because what we need most is not a changed situation, but a deeper dependence on Him.

This is why we keep asking, seeking, and knocking - not to force God's hand, but because prayer keeps us close to the Father who has already given us His Son. Even when answers are delayed or unexpected, prayer forms confidence in God's goodness and reminds us that we do not walk this journey alone.

What to Expect This Week

This week's group time invites you to reflect on how you approach God

PRAYER RHYTHM - WEEK 3

ASK, SEE, KNOCK

when you ask for help, guidance, or change. There is no pressure to share every prayer request or to have clarity about outcomes.

You may notice an emphasis on honesty and trust rather than immediate answers. This is a safe space to bring real needs before God while learning to rest in His care and wisdom.

DISCUSSION QUESTIONS

Ice-breaker:

Can you think of a time when you asked for one thing, but what you received was something totally different?

1. As you read Matthew 7:7, how does the original language of “ask,” “seek,” and “knock” point toward ongoing, persistent prayer rather than a one-time request?
2. Which of the three - persistence, confidence, or trust - do you find most difficult in your prayer life right now?
3. We learned in this week’s teaching that prayer is often used by God to change and shape us before it changes or shapes our circumstances. Can you think of a time when this was true in your own life?
4. Read Matthew 7:9–11. Jesus invites us to see God as a good Father who loves to give “good gifts,” not always what we ask for. Was there ever a time in your life when God didn’t give you what you asked for, but later you realized He gave you something better?

Personal Reflection

- Where do you find yourself hesitant to ask God for help right now?
- Do you tend to stop praying when answers feel delayed?
- What would it look like to trust God’s goodness even when outcomes are uncertain?

PRAYER RHYTHM - WEEK 3

ASK, SEE, KNOCK

PRAYER PRACTICE FOR THE WEEK

Asking God Together

This week's practice invites you to bring your needs honestly before God and to trust Him with both the timing and the outcome.

Step 1: Name Your Request

Take a moment to name one specific area where you are asking God for help, guidance, or change - for yourself, your family, or someone you love.

Submit your Prayer Request:



When you submit a request, others in our church family will be praying alongside you.

Step 2: Pray With Trust

Pray simply and honestly: "Father, You know what I need. I trust You with this request and with how You choose to answer." Release the outcome into God's hands.

PRAYER RHYTHM - WEEK 3

ASK, SEE, KNOCK

Step 3: Save the Date – Friday, March 6

You are invited to our **All-Church Praise & Prayer Night on Friday, March 6**. This will be a special extended prayer gathering where our **elders, pastors, and ministry directors** will be available to pray for you and your family. Come to receive prayer, worship together, and seek God as a church family - whether you are celebrating answered prayers or waiting faithfully.

Notes

PRAYER RHYTHM - WEEK 4

THE BLESSING OF UNANSWERED PRAYER

Sunday, March 8, 2026

2 Corinthians 12:7–10

Prayer Focus

Learning to trust God's grace and presence when prayers are not answered the way we hoped.

Scripture & Formation Insight

Invitation Story

Few things shape our prayer lives more than unanswered prayer. When God seems silent or does not remove what we have asked Him to take away, it can leave us confused, discouraged, or even doubting His care. Over time, unanswered prayer can quietly erode trust if it is left unexplored.

For many, unanswered prayer is not abstract or theoretical - it is deeply personal and painfully real. It involves loss that cannot be undone, longing that remains unmet, or suffering that does not make sense. In those moments, prayer can feel less like comfort and more like struggle.

The apostle Paul knew this kind of struggle well. He prayed repeatedly for God to remove what he described as a "thorn," something painful, persistent, and deeply humbling. God did respond - but not in the way Paul expected. Instead of removing the thorn, God promised something greater: His grace would be sufficient, and His power would be revealed in weakness.

Unanswered prayer does not mean God is absent. Often, it means God is at work in ways we cannot yet see - ways that do not erase pain, but meet us within it.

THE BLESSING OF UNANSWERED PRAYER

Prayer Insight

Unanswered prayer is not the absence of God's response, but often the presence of His deeper grace. God does not dismiss our suffering or overlook our cries. Instead, He meets us in our weakness and sustains us when circumstances do not change.

When prayers remain unanswered, many of us quietly wonder if the problem is us - if we have sinned, failed, or somehow disqualified ourselves from God's help. We may begin to search our lives anxiously, asking whether we have done enough, confessed enough, or believed enough for God to respond.

The gospel frees us from this fear. Scripture is clear that while sin can affect our relationships and posture before God, unanswered prayer is not a simple equation of personal failure. If God only answered the prayers of the spiritually strong or morally consistent, none of us would stand.

Because of Jesus, our access to God is not based on performance, sincerity, or spiritual maturity, but on grace. We do not pray to earn God's attention - we pray because we already have it. The cross assures us that God does not turn away from His children in their weakness, confusion, or doubt.

At times, God does not remove what causes pain, not because He lacks compassion, but because He is doing a work that cannot be rushed or simplified. What feels like God withholding may actually be God holding us - strengthening trust, deepening dependence, and revealing His nearness in the midst of loss.

The gospel reminds us that unanswered prayer is never the same as unanswered love. Even when we cannot see what God is doing, we are invited to trust that His grace is sufficient and that His power is present - especially in our weakness.

PRAYER RHYTHM - WEEK 4

THE BLESSING OF UNANSWERED PRAYER

What to Expect This Week

This week's group time may touch on disappointment, frustration, or long-standing prayers that remain unanswered. There is no expectation to resolve these tensions or arrive at clear explanations.

This is a space to be honest about where prayer has been hard and to listen for how God might be meeting us with grace in the midst of weakness. Sharing is invited, not required, and prayer will be practiced gently and respectfully.

DISCUSSION QUESTIONS

Ice-breaker:

Last week we learned that Jesus invites us to ask, seek, and knock in prayer. Can you think of a time when you prayed persistently, yet felt God was silent or the door remained closed? How did that experience shape the way you view God, prayer, or yourself?

1. Read 2 Corinthians 12:7–8. What stands out to you most about Paul's experience with the "thorn" in this passage?
2. Scripture does not tell us what Paul's thorn was. Why do you think God chose to leave it unnamed?
3. Is there a "thorn" in your life right now - something you've prayed for repeatedly that God has not removed? If so, please share as you feel comfortable.
4. Read 2 Corinthians 12:9 together. What does it mean to you that God's power is made perfect in weakness?

PRAYER RHYTHM - WEEK 4

THE BLESSING OF UNANSWERED PRAYER

PRAYER PRACTICE FOR THE WEEK

Receiving God's Sufficient Grace

This week's practice invites you to bring areas of weakness, struggle, or unanswered prayer before God and to receive His sustaining grace rather than rushing toward resolution.

Step 1: Name the Thorn

In quiet reflection, name one area of ongoing struggle, limitation, or unanswered prayer in your life. You do not need to explain or justify it - simply acknowledge it before God.

Step 2: Listen for Grace

Read slowly: "My grace is sufficient for you, for my power is made perfect in weakness." Sit quietly for a moment and ask, "God, how are You meeting me here?" Do not force an answer; receive what comes gently.

Step 3: Pray for One Another

If you are in a group, break into pairs or triads and pray briefly for one another. Ask God to make His grace tangibly present and to allow His power to rest upon each person in their place of weakness.

PRAYER RHYTHM - WEEK 4

THE BLESSING OF UNANSWERED PRAYER

CALL TO ACTION

Sign Up for Passion Prayer Week

As we move toward Passion Week, you are invited to take a next step into corporate prayer by signing up for **Passion Prayer Week**. This will be a focused time for our church to gather, pray, and depend on God together as we remember Christ's journey to the cross.

Sign Up using the QR code:



PRAYER RHYTHM - WEEK 4
THE BLESSING OF UNANSWERED PRAYER

Notes:

PRAYER RHYTHM - WEEK 5

THE CRISIS OF PRAYER

Sunday, March 15, 2026

2 Chronicles 20

Prayer Focus

Learning to respond to crisis not with control or fear, but with prayerful dependence on God together.

Scripture & Formation Insight

Invitation Story

Crisis has a way of revealing what we truly depend on. When pressure rises and options narrow, our instincts often rush toward action - fixing, planning, reacting, or withdrawing. Prayer can quietly slip into a last resort rather than a first response.

In 2 Chronicles 20, King Jehoshaphat faces an overwhelming threat. Outnumbered and outmatched, he does something unexpected: he gathers the people to pray. Instead of trying to manage the crisis alone, he turns the fear of the moment into a communal act of dependence on God.

Jehoshaphat's prayer does not begin with solutions or strategies. It begins with remembering who God is - His power, His faithfulness, and His promises. In the middle of uncertainty, God's people choose to stand together and say, "We do not know what to do, but our eyes are on You."

In many ways, we have seen this same posture lived out among us. When crisis strikes - through loss, illness, sudden hardship, or deep relational pain - our Cell Groups have shown up for one another. People pray, check in, sit with grief, and carry burdens together. This kind of care does not happen by accident. It is the fruit of a community that has learned to turn toward God together rather than face hardship alone.

Crisis does not create prayer; it exposes whether prayer has already been

PRAYER RHYTHM - WEEK 5

THE CRISIS OF PRAYER

shaping us. God uses consistent prayer to form trust, deepen faith, and bind His people together - so that when crisis comes, prayer is not foreign, but familiar. Our gatherings for prayer, including Prayer Chapels, are an extension of this same calling: to pause, seek God together, and remember that we do not walk through crisis alone.

Prayer Insight

Prayer in times of crisis is not about changing God's mind, but about anchoring God's people. When circumstances shake what feels secure, prayer recenters the heart on God's character, God's promises, and God's presence.

The gospel reminds us that crisis is not a sign that God has lost control or withdrawn His care. We live in a broken world where suffering is real, but we follow a Savior who entered into crisis Himself. Jesus did not avoid suffering; He trusted the Father through it. Because of the cross, we know that God is not distant from our fear or pain - He is present within it.

In crisis, prayer does not always remove the battle, but it clarifies who fights it. God invites His people to bring fear, uncertainty, and weakness into His presence together. As we pray, we learn to depend not on our ability to manage the moment, but on God's faithfulness to sustain us through it.

Crisis becomes the place where faith is strengthened, not because answers come quickly, but because God's people learn to trust Him together.

What to Expect This Week

This week's group time focuses on how we respond when life feels overwhelming. You may notice an emphasis on praying together rather than solving problems.

There is no pressure to have answers or to share every detail of your situ-

PRAYER RHYTHM - WEEK 5

THE CRISIS OF PRAYER

ation. This is an invitation to name fear honestly and to practice looking toward God alongside others.

DISCUSSION QUESTIONS

Ice-breaker:

What are the typical steps or processes you take when unexpected problems or struggles arise in your life?

1. During what seasons of life do you find yourself praying the most? During what seasons do you find yourself praying the least?
2. In 2 Chronicles 20:12, Jehoshaphat prays, "We do not know what to do, but our eyes are on you." What helps you keep your eyes on God during difficult seasons? What tends to distract you the most?
3. How has praying with others - rather than alone - shaped your faith in past seasons?
4. Do you feel like corporate prayer is a regular part of your walk with God? What might help deepen your experience of praying together with others?

PRAYER PRACTICE FOR THE WEEK

Turning Crisis into Prayer

This week's practice invites you to respond to stress, uncertainty, or fear by praying with others rather than carrying the weight alone.

Step 1: Name the Pressure

Identify one area of stress, crisis, or uncertainty you are currently facing. Bring it honestly before God without rushing toward solutions.

PRAYER RHYTHM - WEEK 5

THE CRISIS OF PRAYER

Step 2: Pray Together

Practice praying in community this week- either in your Cell Group or in smaller triads. Keep prayers simple and focused, asking God to lead, provide, and fight the battles you cannot control.

Step 3: Surrender the Outcome

Pray together: "God, we do not know what to do, but our eyes are on You." Allow this prayer to become a shared posture of trust rather than a request for immediate resolution.

CALL TO ACTION

Sign Up for Passion Prayer Week

As we move toward Passion Week, you are invited to take a next step into corporate prayer by signing up for **Passion Prayer Week**. This will be a focused time for our church to gather, pray, and depend on God together as we remember Christ's journey to the cross.

Participation may include praying in Cell Groups, gathering in triads, or joining scheduled prayer times throughout the week. The invitation is not to do more, but to pray together - especially in moments when we feel uncertain or overwhelmed.

PRAYER RHYTHM - WEEK 5
THE CRISIS OF PRAYER

Sign Up using the QR code:



PRAYER RHYTHM - WEEK 5
THE CRISIS OF PRAYER

Notes:

PRAYER RHYTHM - WEEK 6

THE POWER OF INTERCESSORY PRAYER

Sunday, March 22, 2026

Exodus 17:8–16

Prayer Focus

Learning to pray for others with perseverance, shared responsibility, and confidence in God's power.

Scripture & Formation Insight

Invitation Story

In moments of struggle, we often focus on what we need to do next. But Scripture reminds us that some of the most important work God calls His people to do happens not on the battlefield, but in prayer. Intercessory prayer is the unseen work of standing before God on behalf of others.

In Exodus 17, Israel's victory does not depend solely on strength or strategy. As long as Moses lifts his hands in prayer, the battle turns in Israel's favor. When his hands grow weary, the battle shifts. Victory comes when Moses is supported by Aaron and Hur - standing together in sustained prayer. The outcome is not produced by human effort alone, but by God responding to the prayers of His people.

This passage helps us see that intercessory prayer is not about controlling outcomes or forcing God's hand. It is about alignment - God inviting His people to participate in what He is already doing. At times, God places someone on our hearts not because we are responsible for fixing them, but because He is already at work and invites us to join Him through prayer.

Often, the people we pray for may not know they are being prayed for. They may not recognize their need, understand what God is doing, or even be seeking Him. Yet Scripture shows that God works ahead of human awareness - drawing hearts, opening paths, and extending grace long before anyone responds. Intercessory prayer becomes one way God's peo-

PRAYER RHYTHM - WEEK 6

THE POWER OF INTERCESSORY PRAYER

ple walk alongside others in that unseen work.

Intercessory prayer teaches us that faith is not meant to be carried alone. God calls His people to stand with one another - sometimes visibly, sometimes quietly - trusting that He is the one who brings life, change, and redemption.

Prayer Insight

Intercessory prayer reminds us that God chooses to involve His people in His work - not because He needs us, but because He invites us into deeper trust and love. Prayer does not make God act against His will; it draws us into cooperation with what He is already doing for His kingdom.

The gospel keeps intercessory prayer from becoming human-centered. We do not pray because our words are powerful on their own, but because God is gracious and active. Long before we pray, God is already at work. Long before anyone responds to Him, God is already pursuing. Our prayers do not initiate God's love - they respond to it.

Often, intercessory prayer is meant to be quiet and unseen. Scripture does not call us to announce our prayers or to draw attention to the one praying. Praying for someone does not require telling them afterward. Intercessory prayer is directed toward God, not toward managing outcomes, relationships, or recognition. Whether the person ever knows they were prayed for or not, God remains at work.

This guards our hearts from turning prayer into performance or pressure. We are not trying to make something happen, prove faithfulness, or take spiritual responsibility that belongs to God alone. Our role is simply to stand before God on behalf of others, trusting Him to do what only He can do.

When we pray for others - especially when the fruit is unseen - we are practicing humility and hope. Intercessory prayer becomes an act of love root-

THE POWER OF INTERCESSORY PRAYER

ed in the gospel: placing people into the care of a faithful God who knows them better than we do and loves them more deeply than we ever could.

While Exodus 17 highlights the importance of Moses, Aaron, and Hur, the passage is clear about where victory comes from. Israel does not win because prayer is performed correctly or because people work hard enough to hold their hands up. Victory belongs to the Lord.

At the same time, God chooses to involve His people in His work. He invites them to pray, to stand with one another, and to depend on Him together. Intercessory prayer is not about making something happen for God - it is about aligning ourselves with what God is already doing. When we lift others up in prayer, we are not replacing God's work; we are participating in it.

What to Expect This Week

This week's group time emphasizes praying for others rather than focusing only on personal needs. You may be invited to listen, support, or pray briefly on behalf of someone else.

There is no pressure to pray eloquently or at length. This is a space to practice standing with others in faith, trusting that God honors even simple, sincere prayers.

DISCUSSION QUESTIONS

Ice-breaker:

Who is someone who has been an intercessor in your life - someone you know faithfully prayed for you during a meaningful or difficult season?

1. In Exodus 17:9–10, what do you notice about the connection between what happens on the hill (Moses praying) and what happens on the battlefield (Israel fighting)?

PRAYER RHYTHM - WEEK 6

THE POWER OF INTERCESSORY PRAYER

2. What does this story teach us about the role of prayer in spiritual battles we cannot see?
3. Can you think of a situation in your life right now where you may be relying primarily on effort, strategy, or control rather than prayer?
4. In Exodus 17:12, Moses needs Aaron and Hur to help hold up his arms. What does this teach us about why we need others when we pray?

PRAYER PRACTICE FOR THE WEEK

Standing in the Gap for Others

This week's practice invites you to intentionally pray for others and to allow prayer to become a shared responsibility rather than an individual effort.

Step 1: Name Who You Are Praying For?

Identify one or two people who are facing difficulty, uncertainty, or spiritual need. Bring their names before God intentionally.

Step 2: Pray with Others

Practice intercessory prayer this week—either in your Cell Group or in smaller triads. Pray simply, asking God to strengthen, guide, and protect those you are lifting before Him.

Step 3: Stay Engaged

Commit to praying for the same people throughout the week. Let prayer become a steady presence rather than a one-time moment.

PRAYER RHYTHM - WEEK 6

THE POWER OF INTERCESSORY PRAYER

CALL TO ACTION

Sign Up for Passion Prayer Week

As we approach Passion Week, you are invited to take part in sustained, intercessory prayer by signing up for **Passion Prayer Week**. This will be a focused time for our church to gather, pray, and stand in the gap for one another as we remember Christ's journey to the cross. Participation may include praying in Cell Groups, gathering in triads, or joining scheduled prayer times. The invitation is simple: do not pray alone when God has called us to pray together.

Sign Up Using the QR code:



PRAYER RHYTHM - WEEK 6
THE POWER OF INTERCESSORY PRAYER

Notes:

MY HOUSE SHALL BE A HOUSE OF PRAYER

Sunday, March 29, 2026

Matthew 21:12–13; Isaiah 56:7

Prayer Focus

Embracing prayer not as an activity we attend, but as a way of life we embody together as God's people.

Scripture & Formation Insight

Invitation Story

Most of us don't need to be convinced that prayer matters. We just need space to return to it.

Life fills quickly. Even good things can crowd out quiet ones. Prayer slowly shifts from the center to the edges - not because we stop believing, but because we stop pausing. We stay busy, faithful, and well-intentioned... just tired.

When Jesus said, "My house shall be called a house of prayer," He wasn't scolding people for not doing enough. He was inviting them back to what matters most. Prayer was never meant to be another task to manage. It was meant to be the place where God's people meet with Him.

As we enter Passion Week, this is that kind of invitation. Not to pray harder or longer - but to come near. To slow down. To be present. To sit with God together.

The Prayer Experience is simply a space to do that. No pressure. No performance. Come as you are. Stay as long or as briefly as you need. Let Scripture, silence, worship, and guided prayer help you turn your attention back to God.

We are not gathering because we have prayer figured out. We are gather-

MY HOUSE SHALL BE A HOUSE OF PRAYER

ing because we want to become a people shaped by prayer. This week is an opportunity to step into that together - to meet with God and to let Him meet with us.

Prayer Insight

Good Friday reminds us why prayer is possible at all - and why it shapes who we are becoming as a church.

When Jesus died on the cross, the curtain in the temple was torn from top to bottom. What once separated people from God was removed, not by better prayers or stronger faith, but by Jesus' sacrifice. Because of Him, access to God is no longer limited, earned, or reserved for a few. It is open to all who come through Christ.

This is what Jesus meant when He said, "My house shall be called a house of prayer." He was not talking about a building or a program. He was describing a people who live close to God because the way has been opened through the cross. A praying church is not defined by how busy it is, but by how often it turns toward God together.

As we enter Passion Week, prayer becomes more than something we do - it becomes something that shapes us. We gather not to perform, impress, or manufacture spiritual moments, but to respond to what Jesus has already done. We come honestly, bringing our need, our gratitude, our questions, and our hope.

Becoming a church of prayer does not happen overnight. It happens as we keep showing up - individually and together - trusting that God meets us because of Christ. Good Friday reminds us that prayer begins with grace, stays rooted in grace, and leads us back again and again to the cross.

MY HOUSE SHALL BE A HOUSE OF PRAYER

What to Expect This Week

This week marks a shift from structured discussion into shared experience. Rather than gathering for a typical group study, the focus is on entering into prayer together as a church.

There is no expectation to perform, speak publicly, or participate in a specific way. This is an invitation to encounter God through prayer at your own pace, trusting that He meets His people when they gather with open hearts.

CALL TO ACTION

Enter the Passion Week Prayer Room

During Passion Week, you are invited to participate in the **Prayer Room Experience**, a dedicated space designed to help our church pray together in unhurried and intentional ways. This is an opportunity to slow down, reflect on Christ's journey to the cross, and bring personal and communal prayers before God.

Participation may include guided prayer, moments of silence, Scripture reflection, and intercessory prayer. You are encouraged to come individually, with family, or alongside your Cell Group or triad.

Sign-up details, prayer room guidelines, and available times will be provided in the guide and through the QR code registration.

PRAYER RHYTHM - WEEK 7

MY HOUSE SHALL BE A HOUSE OF PRAYER

Sign Up Using the QR code:



Notes:

A LEADER'S GUIDE TO SHEPHERDING A PRAYER SHAPED GROUP

A WORD TO CELL GROUP LEADERS

This guide is not meant to turn your Cell Group into a prayer class or a place where people feel pressure to say the “right” words. **It is meant to help you walk with your group into a deeper life of prayer - slowly, honestly, and together.**

Prayer is not mastered in seven weeks. If it were, Jesus would have handed out certificates and moved on. Instead, prayer is **formed over a lifetime.** Your role as a leader is not to produce perfect prayers, but **to create a space where people learn to turn toward God, trust Him more deeply, and depend on the Holy Spirit as they grow.**

Some prayers will feel powerful. Others may feel quiet, awkward, or unfinished. That doesn't mean God is absent - it often means He is doing a deeper work than we can see.

The goal is not simply to pray each week, but to notice how prayer is shaping people over time. Watch for growing honesty. Notice deeper trust. Pay attention to how people wait, surrender, and keep showing up - even when answers don't come quickly.

You are not here to fix prayer.

You are here to walk with people while God forms them.

And that kind of leadership matters more than you know.

What It Means to Lead a Prayer-Shaped Group

Leading a prayer-shaped group is less about having the right words and

A LEADER'S GUIDE TO SHEPHERDING A PRAYER SHAPED GROUP

more about **creating the right environment**.

Your role is simple—but not easy:

Create space

Pay attention

Trust the Holy Spirit

Some weeks, prayer will feel meaningful and encouraging. Other weeks it may feel quiet, unresolved, or uncomfortable. **That is not failure - that is formation.** God often does His deepest work beneath the surface long before anything looks answered.

Silence does not mean nothing is happening. **It often means God is doing something we cannot control - which is exactly where prayer begins.**

How to Lead This Study

As you lead through this series, keep these reminders in mind:

- Lead with presence, not pressure
- Protect prayer time, even if the discussion feels unfinished
- Normalize silence, struggle, and uncertainty
- Encourage short, honest prayers over long, impressive ones
- Remember: you do not need the right words - God already knows the heart

You are not responsible for outcomes. You are responsible for faithful care and attentiveness. God handles the rest.

A LEADER'S GUIDE TO SHEPHERDING A PRAYER SHAPED GROUP

Tracking the Journey of Prayer

One quiet but important way you shepherd your group well is by remembering their prayers.

Consider keeping a simple, private list:

- Prayer requests people share
- Prayers that have been answered
- Prayers that are still ongoing
- Signs of growth in trust, openness, or dependence

Some prayers will be answered quickly. Others may stretch across months or even years. **That does not mean God has forgotten.** Often, it means He is doing a deeper work that takes time.

Your group is not just learning how to pray. **They are learning how to walk with God while they wait.** That is holy ground.

LEADER LENS BY WEEK

WEEK 1 – TEACH US HOW TO PRAY

Leader Focus

Help people move from fear or confusion about prayer into invitation and trust. Many in your group already pray more than they realize - they just do not call it prayer yet.

How to Shepherd This Week

A LEADER'S GUIDE TO SHEPHERDING A PRAYER SHAPED GROUP

Keep the bar low and the welcome wide. Let people know there is no pressure to pray out loud or say anything impressive. Emphasize relationship over technique. Celebrate willingness, not fluency. If someone tries, hesitates, or simply listens, **that is a win.**

What to Watch For

Movement from prayer as duty to prayer as relationship. Increased willingness to engage prayer practices. Less anxiety about doing prayer "right."

LEADER LENS BY WEEK

WEEK 2 – PRAYING LIKE JESUS

Leader Focus

Help the group experience prayer as **being with God**, not just talking about God.

How to Shepherd This Week

Prepare the group for silence before it happens. Let them know silence is not awkward - it is intentional. When things get quiet, resist the urge to rescue the moment. **Trust that God is comfortable in the quiet**, even if we are still learning to be.

What to Watch For

Comfort or discomfort with silence. Increased attentiveness to God's presence. Openness to listening as part of prayer.

A LEADER'S GUIDE TO SHEPHERDING A PRAYER SHAPED GROUP

LEADER LENS BY WEEK

WEEK 3 – ASK, SEEK, KNOCK

Leader Focus

Help people bring real needs before God while learning to trust Him with outcomes.

How to Shepherd This Week

Encourage honesty without urgency. Avoid fixing, explaining, or wrapping prayers up neatly. Hold hope gently. Sometimes the most faithful prayer is simply **continuing to ask without pretending we know how the story will end.**

What to Watch For

Hesitation to ask. Stories of delayed or unexpected answers. Growing honesty in prayer requests.

LEADER LENS BY WEEK

WEEK 4 – THE BLESSING OF UNANSWERED PRAYER

Leader Focus

Help people encounter **God's grace in weakness** rather than rushing toward answers.

How to Shepherd This Week

This week may feel tender. Protect that tenderness. Validate pain. Keep prayer simple and anchored in Scripture. You do not need to explain why God has not answered - **your presence and prayer are often more powerful than explanations.**

A LEADER'S GUIDE TO SHEPHERDING A PRAYER SHAPED GROUP

What to Watch For

Vulnerability around long-standing prayers. Language shifting from “Why won't God...?” to “How is God meeting me?” Deeper trust without changed circumstances.

LEADER LENS BY WEEK

WEEK 5 – THE CRISIS OF PRAYER

Leader Focus

Help the group practice turning to prayer together when life feels overwhelming.

How to Shepherd This Week

Slow things down. Crisis makes us want to act quickly, but prayer invites us to pause together. Encourage short, honest prayers. Let “**We do not know what to do, but our eyes are on You**” be enough.

What to Watch For

Movement from individual coping to shared dependence. Willingness to pray together in uncertainty. Growing trust in communal prayer.

A LEADER'S GUIDE TO SHEPHERDING A PRAYER SHAPED GROUP

LEADER LENS BY WEEK

WEEK 6 – THE POWER OF INTERCESSORY PRAYER

Leader Focus

Help people see prayer for others as shared responsibility, not spiritual performance.

How to Shepherd This Week

Remind the group that intercessory prayer is not about saying more - it is about staying faithful. Encourage consistency over intensity. Sometimes holding someone up in prayer simply means **not letting go when things get heavy**.

What to Watch For

Attentiveness to others' needs. Commitment to pray over time, not just once. A growing sense that the group is carrying things together.

LEADER LENS BY WEEK

WEEK 7 – MY HOUSE SHALL BE A HOUSE OF PRAYER

Leader Focus

Help the group move from learning about prayer to **living as a praying community**.

How to Shepherd This Week

Release the need to facilitate or teach. Step into prayer alongside your group. Encourage participation in the Prayer Room experience without pressure. Model attentiveness rather than direction. Let this week feel **less**

A LEADER'S GUIDE TO SHEPHERDING A PRAYER SHAPED GROUP

structured and more surrendered.

What to Watch For

Willingness to engage in corporate prayer. Less dependence on structure. Prayer becoming a shared rhythm rather than an event.

FINAL ENCOURAGEMENT TO LEADERS

You are not measuring success by how articulate prayers sound or how quickly prayers are answered. **You are watching for faithfulness, openness, and growing dependence on God.**

Some people in your group may take years to trust God with certain prayers. Others may experience breakthroughs quickly. **Both journeys are holy.**

You are not leading people to prayer.

You are walking with them as God shapes their lives through it.

And that is sacred work.





Spring 2026

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