



The Heart of the Matter

Can you name any command more often disobeyed than “Pray without ceasing”? Aside from a quick prayer before meals, can you honestly say that you are a person who consistently cultivates the discipline of prayer? If your answer is yes, that’s wonderful! But you are the exception rather than the rule! Most of Christ’s followers would openly confess that they fail here more often than in any other area of the Christian life. Yet calling out to God is a necessary part of being like Christ.



Discovering the Way

1. Understanding What Prayer Is . . . and Isn’t (1 Timothy 2:1–2)

Prayer is simply conversing with God. As a vital expression of trust, prayer involves laboring together with God and emerges from an intimate devotion and commitment to Him.

2. Prayer Practiced as a Priority (Acts 6:1–4)

Prayer should not be our last resort but our first priority. Especially in an age when anxiety, stress, and worry eat at our souls, prayer is the great relief (Philippians 4:6–7).



Starting Your Journey

As we engage in the discipline of prayer, we need to keep in mind four promises and four perils.

- Four uncommon promises:
- Four common perils:



Tools for Digging Deeper



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