

PRAY LIKE THIS — SMALL GROUP HANDOUTS

Wellspring Church | Winter 2026

Format: 45–60 minutes (works for Sunday School or Growth Groups)

WEEK 1 (FEB 1) — WHY WE PRAY

Theme: Communion, Not Performance

Core Scripture: Matthew 6:5–13 (focus: vv. 5–8)

Optional supporting: Romans 8:15–16; Psalm 63:1–8

Big Idea

Prayer is not a technique for getting things from God—it is life with God as our Father.

Opening Question (Icebreaker)

When you hear the word “prayer,” what feeling comes up first (peace, guilt, confusion, comfort, pressure, etc.)?

Read the Word

Read Matthew 6:5–8 out loud (two different people if possible).

Discussion Questions

1. In Matthew 6:5–8, what does Jesus warn us about in prayer?
2. Why do you think “being seen” is such a temptation in spiritual life?
3. Jesus says the Father “knows what you need before you ask” (v. 8).
4. What does that change about the way we pray?
5. What is the difference between prayer as performance and prayer as communion?
6. Where do you feel most stuck in prayer right now: time, attention, desire, doubt, disappointment, or consistency?
7. What would it look like for prayer to become more relational for you this week?

Key Takeaway (for leaders to emphasize)

The goal of prayer is not to prove we’re spiritual. The goal is to be with God.

Practice for the Week (Simple + Realistic) — The Two-Minute “Father” Prayer (daily)

Once a day, pause and pray: “Father, I’m here. You’re here. Help me trust You today.”

Then sit in silence for 60 seconds.

Prayer Prompts (close in prayer)

Invite the group to pray short prayers (one sentence each):

“Father, teach us to pray.”

“Father, we bring You our real selves.”

“Father, meet us in the quiet.”

WEEK 2 (FEB 8) — HOW WE PRAY: JESUS TEACHES US

Theme: The Lord's Prayer as a Framework

Core Scripture: Matthew 6:9–13

Optional supporting: Luke 11:1–4; Psalm 103:1–14

Big Idea

Jesus teaches us to pray in a way that shapes our desires before it changes our circumstances.

Opening Question

When you feel unsure what to pray, what do you usually do?

Read the Word

Read Matthew 6:9–13 slowly. Then read it a second time, pausing after each line.

Discussion Questions

1. Why does Jesus begin with “Our Father” instead of “My needs”?
2. What does it mean to pray “hallowed be Your name”?
3. How is “Your kingdom come” different from “help my life go better”?
4. What does “daily bread” teach us about trust and dependence?
5. Why do forgiveness and prayer always belong together?
6. What kind of “temptation” do you most need God’s help with right now?
7. If the Lord’s Prayer is a pattern, how could it guide your prayers this week?

Group Activity (5–10 minutes) — Pray the Lord’s Prayer in your own words.

Go line-by-line as a group: Leader reads a line → group prays short “fill-in” prayers connected to it.

Example:

Leader: “Give us this day our daily bread...”

Group: “Lord, provide for my family.” / “Help me trust You at work.” / “Give me peace today.”

Practice for the Week

Pray the Lord’s Prayer once a day, slowly, with meaning.

Optional: write one sentence under each line (your personal “translation”).

Closing Prayer

Invite someone to pray: “Lord, teach us to pray like Jesus.”

WEEK 3 (FEB 15) — WHEN PRAYER IS HARD

Theme: Waiting, Silence, and Lament

Core Scripture: Psalm 13

Optional supporting: Psalm 22:1–5; Romans 8:26–27; Luke 18:1–8

Big Idea

God is not offended by honest prayer. Lament is faithful prayer in the dark.

Opening Question

Have you ever stopped praying about something because you felt like nothing was happening?

Read the Word

Read Psalm 13 out loud.

Discussion Questions

1. What emotions do you hear in Psalm 13?
2. Notice how David prays: complaint → request → trust. Why is that pattern important?
3. What is the difference between lament and unbelief?
4. Why do you think God sometimes feels silent?
5. Romans 8 says the Spirit helps us when we don't know what to pray. What comfort does that give you?
6. What does persistence in prayer look like when you're tired or disappointed?
7. How can a small group support someone walking through silence or waiting?

Group Activity (5–10 minutes) — Write a one-paragraph lament prayer (quietly).

Use this template:

God, here is what hurts: _____

God, here is what I fear: _____

God, here is what I'm asking: _____

God, here is what I still believe (even if weak): _____

If appropriate, allow people to share (no pressure).

Practice for the Week

The “One Psalm a Day” practice

Read one Psalm each day (any Psalm).

Pray one honest sentence back to God.

Closing Prayer

Leader prays: “Lord, meet us in the waiting. Teach us to trust You without pretending.”

WEEK 4 (FEB 22) — PRAYER THAT SHAPES A PEOPLE

Theme: Intercession and Mission

Core Scripture: Acts 4:23–31

Optional supporting: 1 Timothy 2:1–4; Colossians 4:2–4

Big Idea

Prayer is not just private comfort—it forms the church into a bold, Spirit-filled people on mission.

Opening Question

When you think about “mission,” what comes to mind first: pressure or purpose?

Read the Word

Read Acts 4:23–31.

Discussion Questions

1. What caused the believers to pray in Acts 4?
2. What do they pray for—and what do they not pray for?
3. Why do they ask for boldness instead of safety?
4. What happens after they pray (v. 31)?
5. How does prayer change a church’s courage and unity?
6. Who is one person you can begin praying for intentionally (by name)?
7. What would it look like for our groups to become “houses of prayer” for Wellspring and our community?

Group Activity (10 minutes): Intercession Map

Pray in four directions as a group:

Up: Worship (thank God for who He is)

In: The church (unity, holiness, healing)

Out: The lost / neighbors / schools / workplaces

Down: The hurting (suffering, sick, anxious, oppressed)

Practice for the Week

The “One Person” Prayer

Choose one person far from God.

Pray for them every day this week: "Lord, reveal Your love to _____. Open a door for me to bless them."

Closing Prayer

Pray Acts 4:29–30 in your own words: "Lord, give us boldness... stretch out Your hand... in Jesus' name."