

CONVERSATIONS With God

A THREE-PART GROUP STUDY FOR WOMEN

PART 1: WHY SHOULD I PRAY

CONNECT

Take a few minutes to discuss this question in your group:

What's the most memorable conversation you've had in the last month? What made it memorable?

LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

Heavenly Father, as we begin this study on prayer, help us grow in our understanding of why we pray, and increase our desire to pray more. In Jesus's name, amen.

After praying, watch the video for Part 1.

APPLY

After the video, discuss the following questions as a group:

1. Think of someone with whom you are relationally close. How did that relationship begin, and what caused that relationship to grow?
2. Who has modeled prayer to you? What did you learn from them about prayer?
3. Have there been seasons when prayer felt more natural or seasons when it felt more difficult? What made the difference?
4. Read **Luke 11:1–2** aloud.

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." He said to them, "When you pray, say: 'Father...'"

When you think about relating to God as your heavenly Father, what thoughts come to mind?

5. Are there emotions or struggles—such as disappointment, doubt, confusion, frustration, or anger—that are difficult for you to bring to him? Why or why not?

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6. Read **1 John 3:1** aloud:

“See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!”

Have you ever viewed prayer as a religious responsibility rather than a relationship? How does seeing yourself as God’s beloved daughter influence the way you pray?

7. What is one way you would like to grow in prayer through this study?

PRAY

Share prayer requests as a group. Then, close your time in prayer. Here’s a simple prayer you can use:

Heavenly Father, thank you for inviting us into a relationship with you through Jesus Christ and calling us your daughters. And thank you for always hearing us when we pray. We love you. Amen.

MOVING FORWARD

This week, make time each day to talk with God honestly about what’s on your heart—your joys, worries, questions, frustrations, hopes, and needs. Nothing is off limits. Remember, God isn’t looking for perfectly crafted prayers. He delights in simply hearing from you.

And because prayer is a conversation, spend a few moments in silence as well, making space to listen. There’s no pressure to hear something profound or to make anything happen. The goal is simply to spend time with your heavenly Father who loves you.