BIBLE STUDY WORKSHEET

The Power of Consistent Prayer

Prayer becomes a relationship and rhythm, not only an emergency response.

Prepared by Vanessa

"Pray continually."
1 Thessalonians 5:17

OPENING PRAYER

Father, draw me into honest and consistent conversation with You. Free me from performance and distraction. Teach me to pray in ordinary moments, listen with humility, and trust You with both answers and waiting. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps women build an honest, sustainable prayer life through simple rhythms, Scripture, listening, intercession, and remembrance.

[ ] Pray simply [ ] Build rhythm [ ] Listen humbly [ ] Remember answers

PART 1

Prayer Can Be Simple and Honest

Prayer does not require polished language. It can include gratitude, confession, need, silence, questions, and lament.

Pour out your hearts to him.

Psalm 62:8

TRUTH TO CARRY

God invites the real heart, not a performance.

REFLECT AND DISCUSS

What do you edit when you pray?

What would an honest prayer sound like?

Which feeling needs to be brought to God?

Honest prayer is more faithful than impressive words.

PART 2

Rhythm Builds Consistency

A repeatable cue, place, and short amount of time can make prayer more sustainable.

> **Very early in the morning, Jesus went off to a solitary place, where he prayed.**
>
> Mark 1:35

TRUTH TO CARRY

Consistency is strengthened by simplicity, not shame.

REFLECT AND DISCUSS

What time already has a natural pause?

Where could you pray with fewer distractions?

What five-minute rhythm would work?

Begin small enough to continue.

PART 3

Prayer Includes Listening

Listening prayer remains anchored in Scripture, humility, wise counsel, and the character of God.

> **Speak, Lord, for your servant is listening.**
>
> 1 Samuel 3:9

TRUTH TO CARRY

Not every inner thought is divine guidance; discernment matters.

REFLECT AND DISCUSS

What Scripture are you sitting with?

What impression needs to be tested?

Who can offer wise discernment?

> **Listen openly and test carefully.**

PART 4

Remembering Builds Faith

A prayer journal can record requests, changes of heart, unexpected provision, unanswered questions, and reasons for gratitude.

Do not forget all his benefits.

Psalm 103:2

TRUTH TO CARRY

Remembering helps us see growth that urgency may overlook.

REFLECT AND DISCUSS

Which past prayer deserves remembrance?

Where did provision arrive differently than expected?

What are you still faithfully carrying?

Some answers are changed circumstances; others are changed hearts.

PRACTICE

My Prayer Rhythm

Design a simple prayer practice that fits real life and can continue beyond a crisis.

The time or cue I will use:

The place or activity that supports focus:

A short prayer I can repeat:

A Scripture I will pray through:

A request I will record and revisit:

THIS WEEK I WILL

[ ] Begin with gratitude
[ ] Tell the truth
[ ] Confess freely
[ ] Ask specifically
[ ] Sit in silence
[ ] Write one sentence

MY ANCHOR PRAYER

Lord, make prayer a steady place of relationship, truth, and trust.

CLOSING TOGETHER

Keep Returning to Conversation

Prayer is not measured by perfect focus or immediate answers, but by continued relationship with God.

CLOSING PRAYER

Father, teach us to pray through ordinary days and difficult seasons. Keep us honest, attentive, and rooted in Your Word. Amen.

A WORD OF ENCOURAGEMENT

A simple prayer prayed consistently can become a strong place of refuge.

CLOSING CIRCLE

One prayer rhythm I am beginning:

One request I want this group to remember:

MY DECLARATION

I will return to prayer with honesty, consistency, humility, and hope.

Signature

Date