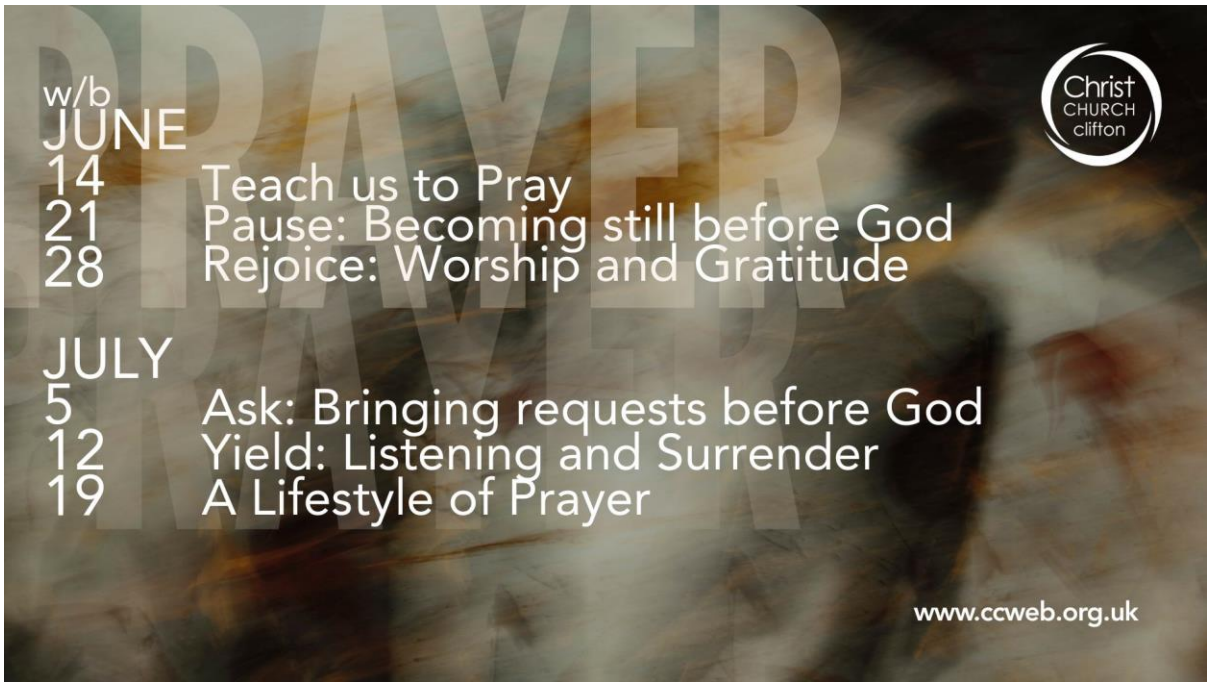
Christ
CHURCH
clifton
TEACH US TO
PRAY
SUMMER 2026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www.ccweb.org.uk

WEEK 1 — WHY PRAY? [w/b 14 June]

Theme: Prayer is relationship, not performance.

Key Scriptures:

- Luke 11:1–13
- Matthew 6:5–13
- Psalm 145:18

Overview:

Most Christians feel guilty about prayer.
We assume everyone else is better at it.

But the disciples — after watching Jesus heal, teach and perform miracles — asked only one thing:

“Lord, teach us to pray.”

Prayer must be learned.

Small Group Questions:

1. What emotions do you associate with prayer?
2. Why do you think prayer can feel intimidating?
3. What stood out to you from the disciples asking Jesus to teach them?
4. What barriers stop you praying consistently?
5. What would change if you saw prayer primarily as relationship?

Challenge: Pray every day for 5 minutes

WEEK 2 — PAUSE [w/b 21 June]

Theme: Stillness creates space for awareness of God.

Key Scriptures:

- Psalm 46:10
- Mark 1:35
- Psalm 131

Overview:

Modern life trains us for distraction, not attentiveness.

We carry noise constantly. Prayer begins by slowing down.

Small Group Questions:

1. What distracts you most spiritually?
2. Why is silence difficult?
3. What happens internally when you slow down?
4. How can you create intentional prayer space?
5. What practices help you become aware of God?

Challenge: Remove 1 distraction during prayer

WEEK 3 — REJOICE [w/b 28 June]

Theme: Worship reshapes perspective.

Key Scriptures:

- Psalm 100
- Philippians 4:4–7
- Colossians 3:16

Overview:

Most prayers begin with problems.
Biblical prayer often begins with praise.

Praise does not ignore pain —
it re-centres us within it.

Small Group Questions:

1. Why is gratitude spiritually powerful?
2. How does worship affect your outlook?
3. Which Psalms resonate most with you?
4. Is it difficult to praise during hardship?
5. What habits help cultivate thankfulness?

Challenge: Keep a gratitude journal

WEEK 4 — ASK [w/b 5 July]

Theme: God invites bold, persistent prayer.

Key Scriptures:

- Matthew 7:7–11
- Luke 18:1–8
- James 5:13–16

Overview:

Many people stop praying because:

- prayers seem unanswered
- disappointment grows
- cynicism develops

Yet Jesus repeatedly teaches persistence.

Small Group Questions:

1. What experiences have shaped your expectations of prayer?
2. Why can unanswered prayer challenge faith?
3. What does persistence in prayer look like?
4. How do we hold faith and disappointment together?
5. Who are you being called to pray for consistently?

Challenge: Pray daily for 3 specific people

WEEK 5 — YIELD [w/b 12 July]

Theme: Prayer ultimately becomes surrender.

Key Scriptures:

- Luke 22:42
- Romans 12:1–2
- John 10:27

Overview:

Most of us prefer control.

But Christian prayer ends where Jesus ended:

“Not my will, but yours be done.”

Small Group Questions:

1. What makes surrender difficult?
2. Have you ever sensed God speaking or guiding you?
3. How do we discern God’s voice wisely?
4. Why is obedience connected to intimacy?
5. What might God be inviting you to yield?

Challenge: Spend 10 minutes listening before speaking in prayer

WEEK 6 — A LIFESTYLE OF PRAYER [w/b 19 July]

Theme: Prayer is not an activity but a way of life.

Key Scriptures:

- 1 Thessalonians 5:16–18
- John 15:1–8
- Ephesians 6:18

Overview:

Prayer is not meant to stay confined to:

- quiet times
- church meetings
- emergencies

It becomes ongoing communion with God.

Small Group Questions:

1. What would "praying continually" realistically look like?
2. How can prayer become more natural in daily life?
3. What role does community play in prayer?
4. What have you learned during this series?
5. What prayer rhythm do you want to continue?

Challenge: Pray with someone else at least twice this week

Invite the church into:

CHURCH INITIATIVES

- Worship + Prayer Nights at Christ Church – Sundays 5PM
- 24/7 Prayer Room – Jacob's Well – signup
- Prayer Ministry after each Gathering
- Share testimonies of the Teach Us To Pray series

CHURCH-WIDE PRAYER CHALLENGE [*a daily rhythm of prayer*]

DAILY PRACTICE [*15–20 mins]*

P.R.A.Y.

- **Pause** — Be still for 2 mins
- **Rejoice** — Thank God for 3 things
- **Ask** — Pray for yourself + others
- **Yield** — Listen quietly and surrender your day

WEEKLY CHALLENGES

Week

1. Prayer every day for 5 minutes
2. Remove one distraction during prayer
3. Keep a gratidue journal
4. Pray daily for 3 specific people
5. Spend 10 minutes listening before speaking
6. Pray with someone else at least twice

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FURTHER RESOURCES:

COURSES:

- The Prayer Course [8 weeks]
- The Unanswered Prayer Course [5 weeks]
- The Lectio Course [5 weeks]

All info, resources and films:
https://prayercourse.org/

BOOKS:
How To Pray – Pete Grieg