



Week #1: Pray For Our Heart

Our Phrase for 2026: _____

Our Verse for 2026:

So, first and foremost, I urge God's people to pray. They should make their requests, petitions, and thanksgivings on behalf of all humanity.

1 Timothy 2:1 (VOICE)

Two Primary Goals:

- Increase the _____ of every person in our church.
- Elevate prayer in the _____ of our church.

Learning To Pray First:

- Make it a _____. (Exodus 20:3, Deuteronomy 14:23, Proverbs 3:6-10, Matthew 6:33, Matthew 22:37-38)
- Keep it _____. (Matthew 6:5-8)
- Have a _____. (Mark 1:35, Matthew 14:23, Matthew 26:36)
- Use a _____. (Matthew 6:9-13)
- Remember the _____. (1 Thessalonians 5:16-18)

Final Thought: All moves of God start in the _____. (Matthew 15:7-9, Psalm 51:10-12, Ezekiel 36:26)

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 139:23-24 (NIV)

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Psalm 51:10-12 (NIV)

Discussion questions:

1. When you think about prayer right now, what word best describes your experience and why?
2. What does it look like for you to “pray first” instead of reacting first in your daily life?
3. Which idea from the message stood out most to you: making prayer a priority, keeping it personal, having a place, using a plan, or remembering the purpose?
4. As we start 2026, what is one small, realistic step you could take to integrate prayer more regularly into your routine?

Recommended resources:

[Prayer: Experiencing Awe and Intimacy with God](#) by Timothy Keller

[How to Pray: A Simple Guide for Normal People](#) by Pete Greig

[Praying with Jesus: Getting to the Heart of the Lord's Prayer](#) by Adriel Sanchez

[Pray First: The Transformative Power of a Life Built on Prayer](#) by Chris Hodges

(VOICE) Voice Translation (NIV) New International Version

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Our Verse for 2026:

So, first and foremost, I urge God's people to pray. They should make their requests, petitions, and thanksgivings on behalf of all humanity.

1 Timothy 2:1 (VOICE)

Two Primary Goals:

- Increase the personal prayer life of every person in our church.
- Elevate prayer in the congregational life of our church.

Learning To Pray First:

- **Make it a priority.** (Exodus 20:3, Deuteronomy 14:23, Proverbs 3:6-10, Matthew 6:33, Matthew 22:37-38)
- **Keep it personal.** (Matthew 6:5-8)
- **Have a place.** (Mark 1:35, Matthew 14:23, Matthew 26:36)
- **Use a plan.** (Matthew 6:9-13)
- **Remember the purpose.** (1 Thessalonians 5:16-18)

Final Thought: All moves of God start in the heart. (Matthew 15:7-9, Psalm 51:10-12, Ezekiel 36:26)

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