

**Lesson Overview:**

This week we continue our new series "Healthy Habits" with the sermon "Why Should I Pray?" This month we will be focused on the healthy habits of Christians in their walk with God. This week we are focused on the need to talk to God daily, we have discussed how to pray and different forms prayer can take. This time we will be focused on the power of a daily prayer life and develop ways for students to improve their personal prayer lives.

Lesson Prep for Leaders:

Main Bible Passage: Ephesians 6:18, 1 Timothy 2:1-6

Questions for Leaders to ask yourself:

- What effect has prayer had on your life, year, and week? What personal story can you share with your small group about prayer?
- How can we pray continually and constantly in the good and bad times?
- What is one way you can lead your small group in prayer during this next week?



Icebreaker (5 Min): What is everyone doing for Easter? What family is coming into town?

Students Lead (5 Min): Take time to discuss the Bible reading plan from last week. What did each student read and get from what was read?

Discussion Questions (10 Min):

- How can a daily prayer life encourage you?
- What benefits have you seen through your personal prayer lives?
- Why do you think we are encouraged to pray through the Bible?

Next Steps (2 Min): Make a small group plan for praying together for the rest of the month. What do you want to focus on this week? How can you hold each other accountable to praying through the week?

Prayer (2 Min): Close your time in Prayer