Essentials for Frontline Workers

Week 2: Love God through Prayer

Rejoice always, pray continually, give thanks in all circumstances;

for this is God’s will for you in Christ Jesus. I Thessalonians 5:16-18

Was there ever a time you felt especially close to God in prayer? If so, please describe the situation and what it felt like. What frustrations do you feel when it comes to prayer?

*We often think of prayer as telling God our needs and concerns, our hopes and fears. Those are certainly part of prayer but the main purpose of Prayer is to align ourselves with His will. Prayer is Seeking First the Father’s Will.*

What is the difference between these two approaches to prayer? How would it change the way you pray?

**Rejoice Always -** Happiness comes when circumstances go my way. Joy is God’s gift to you anytime, anywhere. You can have joy even when you don’t feel happy. Can you describe the difference between happiness and joy in your life?

Joy comes from awareness of God’s presence. Choose one of Jesus’ self-descriptions below and then spend a few moments in prayer meditating on it. How did it speak to you?

I am the Light of the world. Whoever follows me will never walk in darkness, but will have the light of life.

I am the Good Shepherd who lays down his life for the sheep

I am the Resurrection and the Life whoever believes in me will live, even though they die

I am with you always

**Pray Continually -** Think about something coming up tomorrow or this week – it could be a joy or a concern. Now close your eyes and offer it up to God, ask God what He wants you to do, pray for God’s will to be done. If you feel comfortable – share the situation with your group and if God gave you any direction.

**Give Thanks in All Circumstances –** Now close your eyes and have someone in the group slowly read these statements of how Scripture describes you. Give thanks to God for how He sees you.

You are a child of God (John 1:12)

You are a friend of Jesus (John 15:15)

You are a Temple of the Holy Spirit (I Corinthians 3:16, 6:19)

You are a member of the Body of Christ (1 Corinthians 12:27)

You are a new creation (2 Corinthians 5:17)

You are redeemed and forgiven of all your sins. The debt against you has been canceled (Colossians 1:14; 2:14).

You are forever free of condemnation (Romans 8:1)

You have the right to come boldly before the throne of God to find mercy and grace in time of need (Hebrews 4:16).

Share your impressions. Finish with a closing prayer. Who can you invite to join you next week?