

22nd June 2025



table **GRACE**

**Heavenly Father,
We thank you for the
food you give to fuel
our bodies,
Your word which
enlightens our minds,
And for your Spirit
which empowers us to
live for you,
Amen.**



THOUGHT
for the week

**"Pray as though
everything depends
on God. Work as
though everything
depends on you."**

-St. Augustine of Hippo



VERSE for the week

**In the same way, the Spirit helps us
in our weakness. We do not know
what we ought to pray for, but the
Spirit himself intercedes for us
through wordless groans.**

Romans 8:16



REMEMBER this week

**Prayer is not to influence God but
rather to change the nature of the
ones who pray.**

**Our relationship with Him goes
beyond amen.**



1 let's **SHARE**



1. Share your highs and lows.
2. What is something you would like to talk to God about right now?
3. Have you ever wanted to talk to God but didn't know what to say? What did you do?
4. Why do you think God wants us to pray even though he already knows everything?
5. What do you think it means to 'listen to God' when we pray? How could you do that?
6. Who is one person you can pray for this week?

2 let's **READ**



Sunday – **Romans 8:26-27**
Monday – **Ephesians 6:18**
Tuesday – **Jude 1:20**
Wednesday – **James 5:16**
Thursday – **Matthew 6:7-8**
Friday – **Matthew 6:9-13**
Saturday – **Philippians 4:6-7**



3 let's **TALK**

- A** – What is this text **ABOUT**?
B – What is the **BEST** thing about this text?
C – What is the most **CONFUSING** or **CHALLENGING** part of this text?
D – What does God want you to **DO**?



4 let's **PRAY**

PRAISE GOD
for giving us the opportunity to come to him in prayer.
THANK JESUS
for showing us what a life of prayer looks like.
ASK THE HOLY SPIRIT
to help you cultivate a life of prayer, even when you don't know how to pray.



5 let's **BLESS**

Bless each other with the sign of the cross as you say the following:

Name, Your Heavenly Father always hears your prayers, Amen.