

Habits of Grace: Prayer (Growth Group Lesson)

Text: 1 Kings 18–19 **Focus:** Four patterns of prayer in Elijah’s life

1. Discussion. Four Patterns of Prayer:

1) Prayer of Confidence (1 Kings 18:36–37)

- What stands out about Elijah’s prayer compared to the prophets of Baal?
- Where does Elijah place his confidence—in himself, the outcome, or God’s character?

2) Prayer of Persistence (1 Kings 18:41–44)

- Why do you think God requires Elijah to pray repeatedly for rain, even after promising it?
- Is there something you have grown tired of praying for? What makes persistence difficult?

3) Prayer of Despair (1 Kings 19:4–8)

- What surprises you about Elijah’s emotional state after Mount Carmel?
- How does God respond to Elijah before correcting or redirecting him?

4) Prayer of Intimacy (1 Kings 19:9–13)

- Why do you think God asks Elijah, “What are you doing here?”
- Where do you most need God’s quiet presence rather than dramatic answers?

2. Practice Together (Optional)

Take 2–3 minutes of silence. - Begin by asking God: **“Why am I here right now?”** - Sit quietly and listen.

If appropriate, close by slowly praying the Lord’s Prayer together.

3. Practice This Week

Set aside **15 minutes each day** for prayer:

1. Ask: *“Lord, why am I here?”*
2. Slowly pray the Lord’s Prayer
3. Cast your cares on God

Expect your mind to wander. Gently return and continue.

4. Closing Reflection

Which prayer pattern best describes where you are right now—confidence, persistence, despair, or intimacy?

We don’t get to decide how God shows up—but we do get to decide if we do.