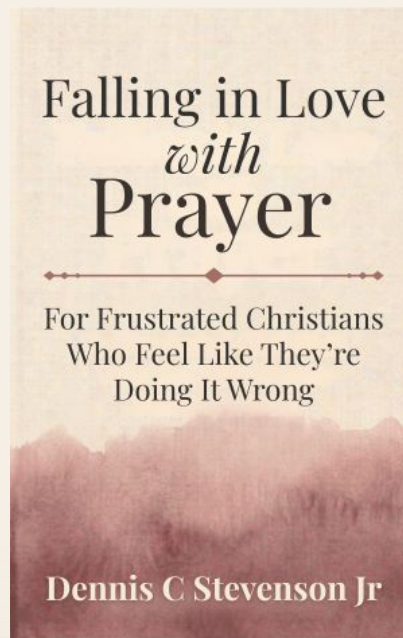


# Falling in Love with Prayer Discussion Guide



*A small-group companion to Falling in Love with Prayer*



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# About This Leader Guide



Welcome to this small-group discussion guide for *Falling in Love with Prayer*.

This guide is designed for leaders who want to help adults move from frustration with prayer to genuine connection with God. Each week, group members will read a chapter, try the prayer method at home, and then gather to share what happened. The focus stays on real experiences, Scripture, and how expectations changed.

## How to Use This Guide

- Read one chapter (or week of the prayer plan) together or individually before the meeting.
- Encourage everyone to practice the prayer method at least once before the group gathers.
- Open each meeting by asking, “What did you think prayer would be like before you tried this?”
- Keep discussions warm and encouraging – there are no “right” prayers.
- Use the optional activity only if time allows; the questions are the heart of the meeting.
- Close every gathering by praying one of the methods the group just discussed.

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# You're Not Bad at Prayer



*Releasing guilt and discovering what prayer is actually for*

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*The author explains that many Christians feel defeated by prayer because they have too few tools and carry unnecessary guilt.*

## Questions for Group Discussion

1. What thoughts or feelings did you bring to prayer before reading this chapter?
2. Which description of a “typical” prayer time sounded most like your own experience?
3. How does the idea that “shame doesn’t lead us toward God” land with you?
4. What Scripture or promise in this section stood out as hopeful?
5. What worry or fear about prayer did you notice rising as you read?
6. How has your expectation of what prayer “should” feel like already begun to shift?

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## *Optional Activity*

*In two minutes, go around the circle and finish this sentence: “Before this book I thought prayer was mainly about...”*

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## Additional Scripture References

*These verses can be read aloud during the meeting to bring extra clarity, spark deeper conversation, or simply let God’s Word speak into the group’s experiences.*

Romans 8:15 — “For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, ‘Abba! Father!’”

Hebrews 4:16 — “Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

Psalms 103:13-14 — “As a father shows compassion to his children, so the Lord shows compassion to those who fear him. For he knows our frame; he remembers that we are dust.”

# Borrowing Words from Scripture



*Prayeraphrase — letting Scripture carry your prayer when words fail*

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The author shows how praying Scripture back to God creates immediate connection instead of a list of requests.

## Questions for Group Discussion

1. What stood out to you about the early church's use of Psalm 2 in Acts 4?
2. How did you feel when you tried personalizing a verse like Psalm 23:4?
3. What was your biggest worry before you attempted this method?
4. Did anything surprise you about how the verse spoke to your actual situation?
5. Which part of the two-step process — read/recite then paraphrase — felt most natural?
6. How did using God's words change the way you experienced His presence?

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## *Optional Activity*

Share one verse you Prayeraphrased and let the group hear the first line you spoke back to God.

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## Additional Scripture References

*These verses can be read aloud during the meeting to bring extra clarity, spark deeper conversation, or simply let God's Word speak into the group's experiences.*

Colossians 3:16 — “Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.”

John 15:7 — “If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.”

Psalm 119:105 — “Your word is a lamp to my feet and a light to my path.”

# Make It All About God



*Worship — shifting from requests to declaring God's glory*

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*The chapter invites readers to shift from “shopping-list” prayers to worship that declares God's glory.*

## Questions for Group Discussion

1. When have you caught yourself treating prayer like a vending machine?
2. What simple truth about God did you choose to worship in your practice time?
3. How did focusing on God's majesty affect any guilt or heaviness you usually feel?
4. Which Scripture in this chapter helped you see worship as something God actually desires?
5. What fear did you have that worship would feel awkward or empty?
6. In what way did worship change how you saw your circumstances?

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## *Optional Activity*

*Read Psalm 19:1 aloud together and then take 60 seconds of silent worship before discussing.*

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## Additional Scripture References

*These verses can be read aloud during the meeting to bring extra clarity, spark deeper conversation, or simply let God's Word speak into the group's experiences.*

Revelation 4:11 — “Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created.”

Psalm 29:2 — “Ascribe to the Lord the glory due his name; worship the Lord in the splendor of holiness.”

1 Chronicles 16:29 — “Ascribe to the Lord the glory due his name; bring an offering and come before him! Worship the Lord in the splendor of holiness.”

# More Than Saying I'm Sorry



*Confession — agreeing with God about who you are and who He is*

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*Confession is reframed as agreeing with God about our limitations and trusting His power.*

## Questions for Group Discussion

1. How did the author's definition of confession differ from what you expected?
2. What area of weakness or limitation did you confess in your practice prayer?
3. Did admitting your limits bring relief or more guilt? Why?
4. Which Scripture helped you see that God already knows everything about you?
5. How did your expectation of confession change after you tried it?
6. What did you gain by praying "God, I'm not like You"?

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## *Optional Activity*

*Pair up and share one sentence of confession you prayed this week.*

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## Additional Scripture References

*These verses can be read aloud during the meeting to bring extra clarity, spark deeper conversation, or simply let God's Word speak into the group's experiences.*

2 Corinthians 12:9 — "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me."

Psalms 51:17 — "The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise."

James 4:6 — "But he gives more grace. Therefore it says, 'God opposes the proud but gives grace to the humble.'"

# The Surprising Power of Gratitude



*Thanksgiving — the antidote to heavy, one-sided prayer*

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*Thanksgiving is presented as the antidote to heavy, one-sided prayers.*

## Questions for Group Discussion

1. What surprised you most when you practiced a prayer that contained only thanks?
2. Which answered prayer or evidence of God's goodness came to mind first?
3. How did gratitude affect the "weight" of your usual prayer requests?
4. What Scripture encouraged you to keep thanking God even when circumstances are hard?
5. What worry did you have that thanksgiving would feel shallow or forced?
6. How has this method changed the way you notice God at work in your life?

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## *Optional Activity*

*Go around the room and each person thank God out loud for one specific thing from the past week.*

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## Additional Scripture References

*These verses can be read aloud during the meeting to bring extra clarity, spark deeper conversation, or simply let God's Word speak into the group's experiences.*

Psalm 100:4 — "Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!"

Ephesians 5:20 — "Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ."

Colossians 2:7 — "Rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving."

# Going Beyond Shallow Prayers



*Requests — praying for what God has already said He wants to do*

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*Requests become powerful when they line up with what God has already said He wants to do.*

## Questions for Group Discussion

1. Which of the three biblical requests — renewed mind, humility, freedom from anxiety — felt most needed in your life?
2. How did praying for spiritual growth instead of only practical needs feel different?
3. What fear did you have that deeper requests would be “too much” to ask?
4. Which Scripture gave you confidence that God hears prayers aligned with His will?
5. How did your expectations about what you can ask God change?
6. What did you learn about balancing practical needs with spiritual transformation?

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## *Optional Activity*

*Write one practical request and one spiritual-growth request on a sticky note; share only the spiritual one with the group.*

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## Additional Scripture References

*These verses can be read aloud during the meeting to bring extra clarity, spark deeper conversation, or simply let God’s Word speak into the group’s experiences.*

Matthew 6:33 — “But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

James 4:3 — “You ask and do not receive, because you ask wrongly, to spend it on your passions.”

Proverbs 3:5–6 — “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

# One Prayer in Four Movements



*The ACTS Framework — a simple structure for complete, well-rounded prayer*

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The ACTS pattern — Adoration, Confession, Thanksgiving, Supplication — gives a simple structure for complete prayers.

## Questions for Group Discussion

1. Which of the four movements felt most natural when you tried the full ACTS prayer?
2. How did using the framework change the “random” feeling you sometimes have in prayer?
3. What Scripture from the Lord’s Prayer or this chapter helped anchor the pattern?
4. Did any movement feel uncomfortable at first? How did that change with practice?
5. How did the complete prayer affect your sense of having “covered everything”?
6. What did you gain by ending with requests after worship, confession, and thanks?

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## *Optional Activity*

Pray a short ACTS prayer together as a group, each person contributing one sentence to a different movement.

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## Additional Scripture References

*These verses can be read aloud during the meeting to bring extra clarity, spark deeper conversation, or simply let God’s Word speak into the group’s experiences.*

Philippians 4:6 — “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

1 Timothy 2:1 — “First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people.”

Ephesians 6:18 — “Praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.”

# Guided Prayer Practice



*Weeks 1–4 — building confidence through repeated, low-pressure practice*

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Each week builds confidence by giving readers repeated, low-pressure practice with every method. If you haven't already downloaded the Free Prayer Companion Toolkit, you'll want it before working through this section. It includes the complete Four Week Guided Prayer Practice and the Scripture for Every Prayer guide with over 200 curated verses. Download it free at [dennis-stevenson.com/prayer](http://dennis-stevenson.com/prayer) – or scan the QR code inside the book.

## Questions for Group Discussion

1. Which prayer method surprised you most during the four weeks?
2. How did your initial fears about consistency or “doing it wrong” turn out?
3. What Scripture from the weekly readings stayed with you the longest?
4. Which week felt the most life-giving and why?
5. How did repeating the same method on different days change your experience?
6. What practical change have you already noticed in your daily prayer life?

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## *Optional Activity*

Let each person name their favorite method from the four weeks and why it connected with them.

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## Additional Scripture References

*These verses can be read aloud during the meeting to bring extra clarity, spark deeper conversation, or simply let God's Word speak into the group's experiences.*

1 Thessalonians 5:17 — “Pray without ceasing.”

Galatians 6:9 — “And let us not grow weary of doing good, for in due season we will reap, if we do not give up.”

Psalms 37:5 — “Commit your way to the Lord; trust in him, and he will act.”

# Whole Book

*Reflecting on the full journey — from frustration to falling in love with prayer*

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## Questions for Group Discussion

1. What central message about prayer stood out to you most across the whole book?
2. Which single prayer method do you think you will keep using long-term?
3. How has your view of God changed from “grading your prayers” to “delighting in relationship”?
4. What was the biggest obstacle you had to overcome to try these new methods?
5. Which Scripture passage from the book has become your new “go-to” for prayer?
6. How did the four-week practice move you from guilt to expectation?
7. What would you tell a friend who still feels “bad at prayer”?
8. Which chapter most changed how you pray when you feel distracted or empty?
9. How has gratitude or worship affected the way you handle difficult circumstances?
10. What would success look like for you six months from now if you continue these practices?
11. Which method felt hardest at first but now feels most freeing?
12. How does the ACTS framework help you pray for others more effectively?
13. What one habit from the book do you most want to protect in the months ahead?
14. Who in your life needs to hear that they are not “bad at prayer”?
15. How has falling in love with prayer changed the way you approach your relationship with God?



*Take a moment to thank God together for the new tools He has given you. Remember: prayer is simply talking to a Father who already loves you and is delighted every time you come to Him. Keep practicing, keep showing up, and watch your love for prayer grow.*

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