

Resting in Him Through Prayer

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Objective: To encourage a prayer life that deepens your communication with God so that you rest in Him.

Defining Prayer: Prayer is communication with God.

Resting in Him Through Prayer:

- **Begins in the Word of God**
- **Approaches God in Worship (Matthew 6:9)**
- **Moves into Surrendering through Grace (Matthew 6:10)**
- **Pursues God's Provisions (Matthew 6:11)**
- **Stands Strong in God's Protection (Matthew 6:13)**

Pause for Thought:

- *On a scale of 1-10, where would you rate your prayer life?*
- *How would deepening your communication with God help you rest in Him?*
- *What would you change in your prayer time to rest more than wrestle with Him?*