**The Correct Way To Pray**

Prayer changes things @ 0:00

The group discussed how prayer has power to change situations based on the story of Hezekiah in 2 Kings 20. Rick highlighted how Hezekiah immediately went to God in prayer when told he would die, showing prayer's importance.

Correct way to pray @ 6:06

Jesus taught the disciples the Lord's Prayer as a pattern for prayer in Luke 11. Prayer requires sincerity and intimacy with God through meditation, speaking prayers aloud, and asking for God's will to be done.

Meditation leads to prayer @ 12:53

Meditation involves processing thoughts and feelings before bringing them to God in prayer. Prayer builds on meditation by expressing oneself to God with clarity and sincerity.

Pushing in prayer @ 58:46

Jesus taught persistence, or "pushing," in prayer through the parable of a man begging for bread from his neighbor in Luke 11. God rewards sincere prayers by meeting needs and giving himself through the Holy Spirit.

Asking for the right things @ 1:18:31

James warned against praying to consume blessings on oneself alone in James 4. Prayers should align with God's will to benefit others as well. Sincerity requires examining motives for praying.

Prayer requests @ 1:33:40

The group lifted up requests for addiction issues, surgery recoveries, family and workplace matters, depression, and releasing past hurts. Rick prayed for God's intervention and blessings in these areas.