

BECOMING: Three Prayers That Change Your Life!

Scripture used: [Matthew 11:28-30 \(MSG\)](#)

OVERVIEW

In this series, we are exploring the spiritual practices Jesus modeled—practices meant to shape who we are becoming in our everyday lives. Following Jesus is not just about belief; it is about learning to live as He lived. In earlier messages, we focused on Sabbath, where we stop carrying our burdens and trust God with what worries us, and solitude and silence, where we intentionally create space to engage with God throughout the day. Even with these practices, many of us fall into the trap of relying entirely on our own strength. We try to manage every challenge ourselves, and over time we become tired, anxious, and overwhelmed. Jesus offers a different way. In Matthew 11, He invites us to learn the “unforced rhythms of grace”—a life that is lighter because we walk with Him instead of carrying everything alone. One of the central ways Jesus lived in constant relationship with the Father was through prayer. The Gospel of Luke records many moments when Jesus prayed—before major decisions, during His ministry, and even in His final hours on the cross. Prayer was not occasional for Jesus; it shaped His life and His mission. In the same way, prayer invites us to participate in what God is doing in the world rather than trying to control everything ourselves.

KEY POINTS

- 1. Prayer connects us to God’s strength instead of our own.** Many of us become trapped trying to solve our problems through effort. But when we say “God is in control,” it does not mean every event is His will. It means that while the ultimate outcome is secure, we still have a role to play. Prayer connects us to God’s power and invites us into His unfolding plan rather than forcing us to carry life alone.
- 2. Prayer includes both speaking and listening.** Prayer is more than talking to God—it is also learning to listen. Scripture reminds us that the Holy Spirit helps us pray even when we don’t know what to say ([Romans 8:26](#)). When we slow down and create space, prayer becomes a conversation rather than a monologue. God guides, comforts, and shapes our hearts as we listen.
- 3. Simple prayers can transform our spiritual lives.** Prayer does not have to be complicated. Sometimes the most powerful prayers are the simplest ones we speak from the heart—even a single breath. Author Anne Lamott describes three essential prayers that capture the heart of prayer: Help, Thanks, and Wow. “Help” is a prayer of surrender when we reach the end of our own strength. “Thanks” is a prayer of gratitude that recognizes God’s goodness even in difficult situations. “Wow” is a prayer of wonder that opens our eyes to the beauty and goodness of God so that our hearts do not grow numb. These simple prayers remind us that God is near, attentive, and deeply involved in our daily lives.

DISCUSSION

- 1) HEAR** - Jesus modeled a life shaped by prayer. He prayed before major moments, during times of challenge, and even while suffering on the cross. Prayer was the foundation of His relationship with the Father. When we pray regularly, we begin to experience the same connection with God—one that gives us strength, perspective, and peace.
- 2) UNDERSTAND** - What keeps you from praying more consistently—lack of time, doubts about whether prayer works, or past disappointments when prayers were not answered the way you hoped? Which of the three prayers do you find yourself praying most often right now?
- 3) DO** - As our church continues the [PF40 season of Prayer and Fasting](#), take three practical steps: Choose something meaningful to give up during Lent; Set aside five minutes, three times a day, to pause and pray, and select five people you will pray for throughout this season.