

**W**hether you suffer from Attention Deficit Disorder when you pray or you are so overwhelmed by the circumstances of life, we all have known the feeling of being lost for words when we pray. Jesus understood the struggle when he urged the disciples to pray in the garden saying, *“The spirit is willing but the flesh is weak”* (Matt. 26:41). So, how do you know what to say when you pray?

***Ask for whatever....***

***Prayer flows out of abiding in Christ***

***Expect results***

***His words matter....***

## Personal Application and Interaction

1. What gives you great confidence that God is listening when you pray?
2. Describe a time when you were lost for words as you prayed.
3. How do you know what to say to our most holy God?
4. How have some of the specific words of Jesus impacted your supplications?
5. When was the last time you used His words to form your prayers of intercession for someone in great need?
6. How do I know when to ask God for something?



# Lost for words?

John 15:7-8

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