



Teach Us to Pray – Jabez’s Prayer

July 13 | Group Guide

Introduce the focus of the sermon and ask a few reflection questions (10 minutes).

When the disciples asked Jesus, “Lord, teach us to pray,” they were seeking to emulate the words of our greatest Teacher and find a deeper connection with God the Father. Today, we’re asking the same. In this six-week series, we’ll echo that ancient request and allow God Himself to be our guide. Teach Us to Pray explores six powerful prayers from the Old Testament - prayers from real people in real need. Their cries for help varied from forgiveness to healing to blessing to deliverance, but each of them reveals a rich, honest, and dynamic connectivity to God. Together, we’ll learn not only how to pray, but how to live in ongoing, transformative relationship with the One who hears.

To that end, we’re going to look at several Old Testament examples of prayer. This week, we continue with Jabez, a little-known man who boldly asked for God’s blessing.

- Can you remember and describe a Christmas gift you received as a child?
- What is a recent blessing you have received from God?

Read 1 Chronicles 4:9-10 and discuss the sermon (20 minutes).

Read the prayer of Jabez in 1 Chronicles 4:9-10.

- In his sermon, Dan explained that many people struggle to believe that God even wants to bless them. Where would you place yourself on a scale of 1-5, 5 being highly confident that God wants to bless you, and 1 being highly skeptical. Encourage everyone to answer; invite a few people to explain their answers.
- Read Matthew 7:9-11. What does this passage teach us about God’s desire to give us good gifts?

Dan reminded us to not only believe that God can and will bless us, but to pray within the guardrails of “God’s will” and “pure motives.”

Read Mark 14:36 and James 4:2-3.

- Reflect on things you’ve prayed for recently. Have your requests taken these guardrails into consideration?



- If not, how would those requests change if you surrendered fully to God's will and reflected on whether you're asking for something for selfish motives?

Read Proverbs 11:25 and 1 Peter 4:10.

- Dan challenged us to be rivers, not reservoirs, with the blessings God gives us. Can you identify an area in your life where you are like a river – where you pass on the blessings God has given you?
- Are there areas where you are a reservoir of God's blessings? How might He be challenging you to share what He has blessed you with?

Read 1 Chronicles 4:9-10 again. Invite people to listen for the part of the prayer that most resonates with them.

- What part of the prayer most strikes your heart? Jabez' request for blessing, expanded territory, or protection from evil, harm, and pain?
- How do you think the time we've spent studying and reflecting on this prayer will shift how you pray for blessing?

Break into same-sex groups of 2-3 for further discussion and prayer (15 minutes).

- Read 1 Peter 3:12. Last week we looked at David's prayer and talked about confession. Is there any persistent sin/attitude in your life that may be hindering your prayers? Confess that sin to each other and consider finding a way to hold each other accountable.
- Share with each other at least one blessing you want to ask for from God. How has our time focusing on the prayer of Jabez changed how you will pray this?
- Pray together, asking God for specific blessings. Surrender together to His will and ask for His peace.
- Spend a minute or two simply sitting in God's presence together, remember to love the gift more than the Giver.

Come back together. Have someone pray this blessing over the group (1 minute).

"The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace." – Numbers 6:24-26