

# City Nights

Youth.

## DATE

May 13th, 2026

## SERIES

Take Action: Week One

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## BEFORE GROUP

### BOTTOM LINE:

Consistent conversation with God produces Godly character.

### SCRIPTURE:

- Daniel 6
- Matthew 6:5-13

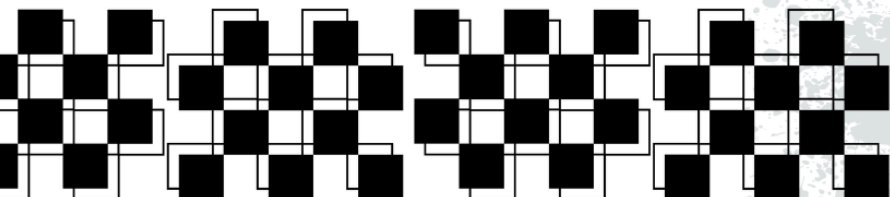
### GOAL OF COMMUNITY GROUPS:

For students to learn about developing the spiritual discipline of prayer.

### THINK ABOUT THIS:

When leading students through a discussion on prayer, the primary goal is to move toward authenticity. Students often feel a hidden pressure to sound "spiritual" or use specific religious words, which can make prayer feel like a chore or a test they might fail. As a leader, your role is to validate that prayer is simply a conversation—not a monologue—and that God is more interested in their honesty than their vocabulary.

To help them build a consistent habit, focus on the concept of easy entry points. Many students struggle because they think prayer requires long periods of silent, undistracted time—a tall order for a student with a smartphone and a busy schedule. Instead, guide them toward habit stacking, such as praying for a specific friend every time they brush their teeth or using their commute to school for a quick check-in with God. By emphasizing that short prayers + high frequency = intimacy with God, you help them realize that consistency isn't about the length of the session, but the posture of their heart throughout the day.



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*This guide is a starting point, not an absolute. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. The goal is to get students verbally engaging, NOT to get through everything in the curriculum.*

## DURING COMMUNITY GROUP

### HIGH/LOWS & OPENING

Begin with highs & lows from their week after they introduce each other. Really take this time to listen and ask questions to show you are interested in their lives.

### DISCUSS THIS

#### LEVEL 1:

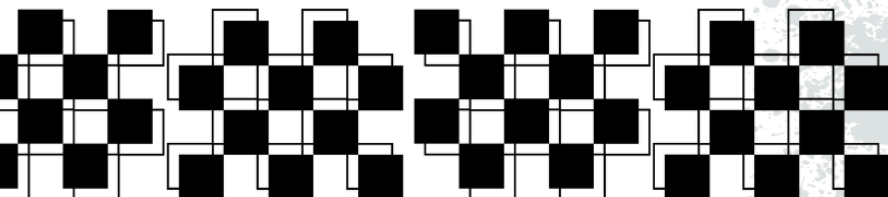
1. What are some of the things you typically pray about?
2. What is the hardest part about trying to pray? Is it boredom, forgetfulness, not knowing what to say, or something else?

#### LEVEL 2:

3. Most people start praying when they need something fixed. Besides asking for help or "stuff," what are some other reasons why someone might want to talk to God?
4. We make time for things we value. How would your life look different if you spent even just 2% of your screen time talking to God instead?

#### LEVEL 3:

5. How do you keep a habit of prayer when it feels like God is silent or your prayers aren't being answered the way you hoped?
6. How can you trust the process of prayer when you don't see immediate results?



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## DO THIS

Read Matthew 6:5-13. As a group take the time to create a modern version of The Lord's Prayer. Have the students offer suggestions and make a prayer that maintains the original meaning, but allows for their own expression of that meaning as it relates to their lives as students.

## OR

If your students are mature enough, have them break into pairs and deliberately pray for one another about the burdens they are currently carrying.

