

Abide Leaders Guide

Week 6: Effective and Enjoyable Prayer

March 8th, 2026

1. Follow up

Ask your group if they did any of the core practices from last week and if they had any moments of renewing their mind.

2. Normalize the struggle with prayer

Most believers wrestle with distraction or inconsistency. Let the group know this is common—and growth starts with honesty.

3. Guide people toward simplicity

If group members feel overwhelmed, help them choose one core practice to focus on this week rather than trying to overhaul their whole prayer life.

4. Encourage daily check-ins with God

Prompt the group to practice short, honest prayers throughout the day, not just a long prayer time in the morning.