



Week 1 // Vijay Krishnan // February 15, 2026

Prayer is one of the most instinctive things we do, whether we're religious or not. And yet for many of us, it's also one of the most complicated and frustrating parts of our faith. In this message, we're invited into *The Prayer Lab*—a space to experiment, grow, and rediscover that prayer is not primarily about getting things from God, but growing closer to him. Through Jesus' teaching in Luke 11, we learn that prayer begins not with performance, but with relationship—with a Father who's better than the best dad and more faithful than the best friend.

Scripture: [Luke 11:1-13 MSG](#)

Bottom Line: Prayer is relational before it's transactional—it's about God's presence more than just his provision.

Digging In:

Reminder: The goal is a good discussion, not completing every question. Use these as a tool to help.

1. When you hear the word "prayer," what emotion surfaces first—peace, guilt, confusion, comfort, frustration, disappointment? Why?
2. Why do you think prayer feels both instinctive and unnatural at the same time?
3. If you're honest, how would you describe your current prayer life—thriving, non-existent, inconsistent, dry, growing, uncertain? How so?
4. Read Luke 11:1-13 together. Do you have any past experience with the Lord's Prayer? How have these words resonated with you (or not) over the years?
5. What stands out to you about how Jesus begins the prayer with "Father"? How can this image be either comforting or challenging depending on your situation? Where in your life right now do you most need to experience God as a good Father?
6. How does seeing prayer fundamentally as *relational* rather than *transactional* change the way you approach God?
7. Which line of the prayer feels most relevant to your current season—asking God to reveal who he is, to set the world right, to meet our daily needs, to keep us forgiven with him and forgiving others, or to protect us from ourselves and the devil? Why?
8. In verse 13, Jesus says that God will give the Holy Spirit when we ask. Why do you think this promise matters so much? What might it look like to pray for God's presence more than just his provision?

9. What would change in your life if you intentionally used this model prayer to guide your own prayer each day?
10. Who could you begin (or continue) praying for regularly that God would reveal himself to them in a meaningful way?
11. Which daily need, daily hurt, or daily battle do you tend to carry alone instead of bringing to God? What's holding you back from inviting him into your current reality?
12. As a group, how can you create space to practice prayer together—not perfectly, but honestly? What tangible step(s) can you take together during this series?

Looking Forward:

This week, take *The Prayer Lab* home. Each day, walk slowly through the Lord's Prayer in your own words—thanking God for his goodness, inviting him to reveal himself, asking him to set things right, bringing your daily needs/hurts/battles before him, and ending with one simple request: "Father, give me more of your presence." Don't aim for perfection—aim for connection.



We're convinced people won't know that God is FOR them until they know that the people of God are FOR them too! And that's why we're excited to be FOR our communities as part of **Coldest Night of the Year in Barrie and Orillia on Saturday, February 28th**. We're walking and fundraising to support those experiencing hurt, homelessness, and hunger.

In Barrie we're getting in the corner of [Youth Haven](#), and in Orillia [The Lighthouse](#). Why not consider doing this as a fun group activity? Simply go to CNOY.org, search for your city, then search for the Connexus team, and sign up. We hope to see you there!