

Prayer

A Conversation With God

Prayer Leads To Spiritual Growth

Philippians 1:9-11, 1 Thessalonians 5:17

Sermon Notes | Jeff Randleman | November 1, 2026



And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

– Philippians 1:9-11 (ESV)

What We Should Pray For:

Pray that we will grow in love.

Pray that we will grow in discernment.

Pray that we will grow in righteousness.

What Prayer Will Provide For Us:

Prayer provides energy.

Prayer provides cleansing.

Prayer provides abundant life.

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Matters for Reflection and Discussion:

1. Why do you think prayer is so important to spiritual growth? What happens when we neglect it?
2. Read Philippians 1:9–11. Here, Paul is praying for the spiritual maturity of other believers. How might our prayer lives change if we focused more on spiritual growth than personal circumstances?
3. What does it practically mean to “pray without ceasing”? How can we develop this habit without allowing prayer to become routine or mechanical?
4. How does spending consistent time in prayer influence the way we love and interact with others?
5. What is the relationship between prayer and spiritual discernment? Can you think of a time when prayer helped you make a wiser decision?
6. Why is it important to remember that spiritual growth is a lifelong process rather than something we achieve all at once?
7. What are some common distractions or obstacles that prevent us from maintaining a consistent prayer life? How can we overcome them?
8. How can we recognize when God is using prayer to change our hearts rather than simply changing our circumstances?
9. What is one area of your spiritual life where you would like to experience greater growth? How can you begin praying more intentionally about that area?
10. What is one practical change you can make this week to develop a more consistent and meaningful prayer life?