



## Theology Threads | Season 3: Episode 6 Notes | Why Do Christians Pray?

### Summary

On this week of Theology Threads, friend of the podcast Justin Robey joins Dr. Brian Jenkins to answer all your questions about prayer. Where does prayer come from? How should you pray? Who is hearing your prayers? All of these questions and more are covered in this weeks episode? Make sure you are subscribed and following us wherever you get podcasts and social media to stay up to date with season 3.

You can email us with questions at [hello@theothread.com](mailto:hello@theothread.com)

### Reflection Questions

Is prayer something that comes naturally to you, or do you have to be very intentional about it?

Do you have a prayer rhythm or routine you follow currently? Could implementing one help you in your prayer life?

What's one way you could challenge yourself in your prayer life this up coming year?

If you could share one point from this episode with someone, what would it be and who would you share it with?

### For further learning connected to this episode, check out these resources.

Read *Prayer: Finding the Hearts True Home* by Richard Foster

ISBN: 9780060533793

