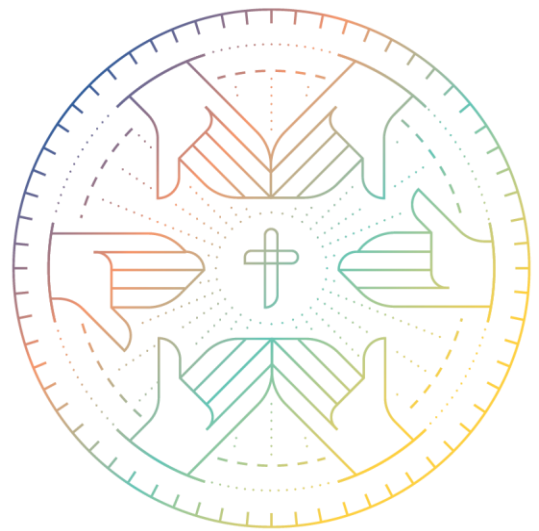


# Group Life.

WE ARE BETTER TOGETHER

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## ICEBREAKER (10 MINUTES)

Who is someone you look up to regarding their prayer life and what most stands out to you about them?

OR

Share a time when you struggled to pray. How did you overcome it, or what kept you from moving forward?

## INTRODUCTION (5-10 MINUTES)

What most stood out to you from Pastor Levi's message?

Levi helped us to explore how God desires to change us from the inside out through prayer, regardless of where we start or how we feel about our ability to pray.

What do you think is the most misunderstood aspect of prayer?

## INTO THE WORD (20 MINUTES)

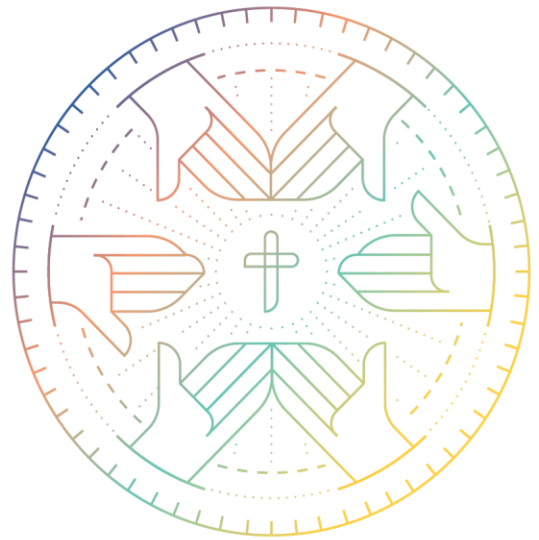
Which of the 10 thoughts that keep us from praying do you resonate with the most? Why?

1. I don't know how to do it or where to start.
2. I don't feel worthy.
3. I'm not good at it.
4. My life is too chaotic to pray.
5. God's has bigger things to worry about than me.
6. Prayer is for super spiritual people.
7. I don't feel anything when I pray.
8. It feels like I'm talking to myself.
9. I don't know what to pray for.
10. God hasn't answered my prayer, so it must not work.

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**Read Philippians 4:6-7.** How do these thoughts reflect our deeper fears or misunderstandings about God's nature and our relationship with Him? How does this passage encourage us to move past these hindrances?

**Read Psalm 139:23-24 in unison.** Spend a few moments in silent reflection, asking God to reveal anything in your heart that needs to change, or anything from the Scripture that God may want you to notice.

How does believing in Jesus change the way we approach prayer?

**Read Psalm 23:1.** What worries or anxieties do you or those you know wrestle with? What about those that are common to your season of life? (e.g. just starting a career or soon facing retirement years)

How does Psalm 23:1 address those worries and anxieties? Can it really be that simple?

**Read Romans 15:13.** How can we be honest about our doubts in prayer, and what does it look like to seek hope in God?

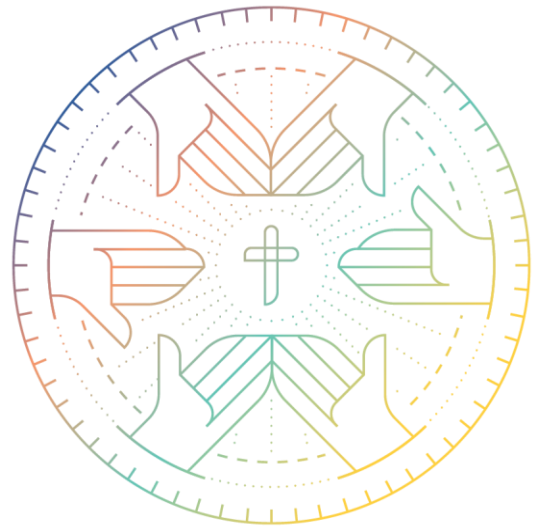
Share with your group one area of life where you have struggled with doubts. How can Romans 15:13 encourage you?

Considering the three other shifts Levi mentioned (see below), which one seems most relevant to you today, or which one would you like to see happen most in your own life?

1. Bondage to Freedom
2. Confusion to Clarity
3. Self-Interest to Compassion

# Group Life.

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## APPLICATION (15 MINUTES)

Identify one of the "10 thoughts" that most often hinders your prayer life. Share that with the group and discuss within the group ways to overcome that particular thought.

Commit to practicing the "Examen" at least one day this week. Be prepared next small group to share that experience.

"The Examen" - At the end of the day, reflect on the day. Ask God to bring to mind your sins and disordered desires. Confess them to Him and ask for forgiveness. Pause and ask God for grace and accept it. Then bring to mind all that you can be thankful for. Spend a few minutes expressing gratefulness for each thing.

Commit to one of the shifts in prayer that you need most. Spend some time this week talking to God about that shift and prayerfully consider one step you will take to grow in that area.

## PRAYER (10 MINUTES)

*Our Heavenly Father, thank you for sending your Son, Jesus, to bring us into relationship with you. Thank you that you invite us into prayer as a way to deepen our faith and grow in our affection for you. Teach us to love and practice the prayer Jesus taught us:*

*"Our Father in heaven,  
hallowed be your name.*

*Your kingdom come,  
your will be done,*

*on earth as it is in heaven.*

*Give us this day our daily bread,  
and forgive us our debts,*

*as we also have forgiven our debtors.*

*And lead us not into temptation,*

*but deliver us from evil. (Matthew 6:9-13)*

*We long to grow closer to you, Father, through prayer. Help us to overcome our hesitations and pray out of your love and acceptance. In Jesus' name, Amen.*