



Week 3: How Do You Pray?

FACILITATOR'S NOTE:

- ✓ Start your group discussion with the "Check-in" question to help your members reflect back on their week and follow up on last week's application challenge.
 - ✓ Review the "Big Idea" to help you gain clarity around the heart of this week's message and focus your group's discussion towards a clear direction.
 - ✓ Read this week's scripture passages together and guide your group through the "Discuss" questions to initiate meaningful dialogue around key concepts or insights from this week's message.
 - ✓ Move your group discussion to a deeper level by leading them through questions in "Apply". Use discernment to customize these application questions to meet the needs & dynamics of your group.
- NOTE:** You do not have to cover all the questions provided in "Apply".
- ✓ Connect with God together as a group through this week's "prayer practice", which can be in the form of a prayer exercise or some guidance on what to pray for in relation to the message or application.

UPDATED NOTES TO FACILITATORS RE: COVID-19

During this unprecedented time of the COVID-19 pandemic, the primary focus of your group should shift to the immediate needs and mental health of your members. We are adopting a **C.P.R.** approach during this season, which stands for the following:

- **Care** refers to the love and support that we offer in our groups, from helping one another with tangible needs, rejoicing in celebrations together, and supporting personal struggles with encouragement and empathy
- **Prayer** refers to offering our gratitude and praise to God, bringing our worries to Him, and praying for our community and world
- **Remembering** refers to reflecting on God for who He is, what He has personally done in our lives, and what He is capable of doing

DQs will continue to be provided for our sermon series, but will be shortened and simplified since your group's attention and time should be devoted more towards CPR. For more resources on care and prayer, check out the Slack channels.

CHECK-IN

Did you adjust your prayer life this week to make it more consistent and constant? Did you experience God differently because of this?

BIG IDEA	<p>God wants to bless you and bless others through you.</p> <p>When we pray, acknowledge who God is, do it with a heart fully invested in the blessings of God, and ask God to do more through us. Pray that God's hand would lead us through any circumstances and trials and turn our weakness into His Glory.</p>
DISCUSS	<p>Read 1 Chronicles 4:9-10, Philippians 4:6-7</p> <ol style="list-style-type: none"> 1. How does your prayer life reflect your beliefs in God's lordship and that blessings come from God? 2. By knowing that God not only wants to bless you but bring blessings to others through you, would that change your focus and approach when you pray in times of needs?
<p>APPLY How do we respond to God's teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?</p>	<ol style="list-style-type: none"> 1. What are the seemingly difficult circumstances of your life that you have seen God use for good? How has God turned that experience or circumstances as a blessing to others for His glory? 2. Is there a difficult circumstance you are now experiencing which you could trust God to use for good? 3. God wants you to pray what's on your heart and nothing is too small or too trivial. Is it possible that God wants to meet a need that you have not yet expressed to him? Why? 4. How may your relationship with God influence you in expressing your needs to Him?
<p>PRAYER PRACTICE (15 minutes)</p>	<p>Please use ONE of these two options to lead your group through prayer. Choose the one that fits best with your group.</p> <p>Palms Down, Palms Up Prayer Practice</p> <p>Step 1: Sit in a comfortable position with as little background distraction as possible. Turn off cameras and audio on Zoom. Take a few deep breaths.</p> <p>Step 2: (Two minutes with timer) Put your palms down as a symbol of letting go. Talk to God as if he was sitting across from you. Tell Him what's on your mind as if your best friend were sitting beside you. Talk about your hurts, your distractions, your cares, what happened today or what made you happy or you are looking forward to. Share whatever comes to mind.</p> <p>Step 3: (2 minutes with timer) Now turn your palms up as a symbol of surrender and receiving. Sit in silence listening to God. It is natural for your mind to wander. When it does, gently bring it back to focus on God, listening to what He has to say in response to you.</p> <p>Step 4: (5 - 7 minutes) Debrief with the group. Let these questions guide you:</p> <ul style="list-style-type: none"> • What was your experience during this exercise? • What did you hear God say to you?

A.C.T.S.

This is a simple acrostic to use as a guide to prayer. Each of the letters in this acrostic stand for one of the key elements of prayer:

A = Adoration where you say to the Lord, "I love you and I praise you".

C = Confession where you say to the Lord, "I'm sorry"

T = Thanksgiving where you say to the Lord "Thank you"

S - Supplication where you say to the Lord, "Please"