

G&ME PLAN

Deeper With Prayer | Discussion Notes

This series has been a practical look at our faith and how we can put things in to practice to look after it. What changes have you seen in your faith in the last month? Have any practices stuck so far?

If you are using Zoom, share your screen with the relevant PowerPoint and ask people to 'annotate' the screen with how they evaluate their own prayer life. If not, you might want to ask people to hold up a number of figures to show their own score to the following questions:

- How satisfying is your prayer life?
- How often do you hear God speaking to you?
- How consistent is your prayer life?
- How confident are you that your prayers change things?

You may want to go into groups of three to ask:

- What holds you back from having the best prayer life you could?
- What have you found helpful in your prayer life?

Read Luke 11:1-4. Alexia points out that the disciples ask Jesus to teach them how to pray, it's an act of humility as they admit they need help.

- Alexia says that one of the issues we have in prayer is that we are too self-sufficient, so if we want our prayer life to improve we need to learn to rely on Jesus. Do you agree? If so, how does being self-sufficient impact your prayer life?
- Learning to pray is not a one-time deal, but a commitment to a lifelong journey of prayer. Have you seen your prayer life get deeper over time? If so, how? Are we willing to invest the time and energy to go further still?

As with all of this series, we want to put this into action with some **commitments** and **keys**. Break into groups of 3 to discuss which of the following you want to commit to and what the keys might be to make it happen:

Make Prayer a Priority - can you make prayer a key part of your day?

- Remove distractions (e.g. alarm clock/phone outside room)
- Lectio365/Prayer Mate
- Start small & build up

Make Prayer Personal - can you find ways of praying that fit with your personality?

- Go for a prayer walk
- Sit still
- Get creative
- Start a journal

Pray with People - pray with others for accountability

- Ask for a Mentor
- Start a 'Prayer Triplet' with two mates
- Join Metro Prayer (and tell someone you're going to be there!)