

SECRET WORLD OF HAPPINESS

Discussion Notes

WHEN YOU PRAY

People will be coming from very different places with prayer; from the prayer warriors to those who haven't really prayed before. Start by asking where people are with their prayer life.

- How would you describe your prayer life normally in one word?
- Has your prayer life changed in the last few months?
- What holds you back from going deeper in prayer?

Philip explained that the Lord's Prayer gives us 5 headlines to pray through:

1. OUR FATHER - **God's Goodness**. We worship and thank God for who he is;
2. YOUR KINGDOM COME - **God's Kingdom**. We pray for our friends, our city, our world and any situation where we want to see God's Kingdom come.
3. GIVE US THIS DAY OUR DAILY BREAD - **My Needs**. We pray and rely on God for our day-to-day needs, choosing to trust in him.
4. FORGIVE US OUR SINS - **My Sin**. We confess where we have gone wrong and come back into relationship with God. We make sure we're forgiving others.
5. LEAD US NOT INTO TEMPTATION - **God's Help**. We ask for His protection and guidance for the day.

- Have you used this kind of framework in your prayer life before? If yes, how does it help?
- Which of these make up the largest part of your prayer life? (And is that a good thing?)
- Are there sections that you have neglected?

God's Goodness

- How can we remember God's Goodness in our daily prayer? What have you found to help you do this?

God's Kingdom

- Philip shared that many of us don't think our prayers make a difference to the world, but actually the Bible shows us that when we pray things change! What can help us grow in praying for others and situations that we care about? In what areas do you want to see God's Kingdom come?

My Needs

- Have you got any stories like Philip's of when you've prayed for daily bread and seen God come through for you?

My Sin

- How can we grow a daily habit of confession and repentance?

God's Help

- Do you spend time at the start of the day asking for God to be with you for the day ahead? If so, what difference does it make? If not, how could you adopt this practice?

Why not set a challenge to your Hub for this week? Perhaps you could all pray at the same time each day, agree to pray for someone else in your Hub or just say that you'll check back in next week to see how it has been going trying to grow in prayer.