

4.1 Why Pray?

Discussions Questions

1. WHOM DO YOU TALK TO EVERY DAY? WHY?

2. DO YOU PRAY? HOW OFTEN? HOW DO YOU FEEL AFTER YOU PRAY?

3. DO YOU THINK YOU WOULD BE HAPPIER IF YOU MADE TIME TO PRAY EACH DAY?



* Please turn this reflection in *

4.2 The Big Question

Discussion Questions

1. DESCRIBE A TIME WHEN SOMEONE CHALLENGED YOU TO DO SOMETHING THAT WOULD HELP YOU BECOME THE BEST-VERSION-OF-YOURSELF. HOW DID YOU RESPOND?

2. HAVE YOU EVER ASKED GOD THE BIG QUESTION: "WHAT DO YOU THINK I SHOULD DO?" IF YOU HAVE, WHAT HAPPENED? IF YOU HAVE NEVER ASKED GOD THE BIG QUESTION, WHY NOT?

3. IF YOU SPENT TEN MINUTES A DAY IN PRAYER EVERY DAY FOR THE NEXT MONTH, HOW DO YOU THINK YOU MIGHT BE DIFFERENT A MONTH FROM NOW?



* please turn this reflection in *

4.3 The Prayer Process

DISCUSSION QUESTIONS

1. HAS ANYONE EVER TAUGHT YOU HOW TO PRAY? WHO? WHEN?

2. WHICH OF THE SEVEN STEPS IN THE PRAYER PROCESS INTRIGUED YOU THE MOST? WHY?

3. IF YOU WERE GOING TO SET ASIDE TEN MINUTES TO PRAY AT THE SAME TIME EVERY DAY, WHAT TIME OF DAY WOULD BE BEST FOR YOU?



* Please turn this reflection in *



THE PRAYER PROCESS

STEP 1 GRATITUDE

Begin by thanking God in a personal dialogue for whatever you are most grateful for today.

STEP 2 AWARENESS

Revisit the times in the past twenty-four hours when you were and were not the best-version-of-yourself. Talk to God about these situations and what you learned from them.

STEP 3 SIGNIFICANT MOMENTS

Identify something you experienced in the past twenty-four hours and explore what God might be trying to say to you through that event (or person).

STEP 4 PEACE

Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with a deep and abiding peace.

STEP 5 FREEDOM

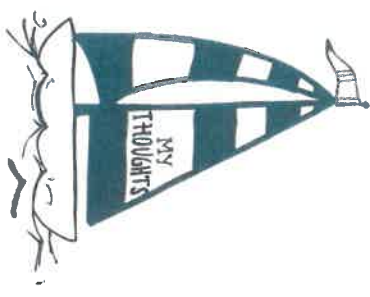
Speak with God about how He is inviting you to change your life so that you can experience the freedom to be the best-version-of-yourself.

STEP 6 OTHERS

Lift up to God anyone you feel called to pray for today, asking God to bless and guide them.

STEP 7 PRAY THE OUR FATHER

Feel free to write any prayers you want below!



* This page does not need to be turned in! Keep for your own use *

4.5 Decision Point

JOURNAL QUESTIONS

1. OVER AND OVER IN THE SCRIPTURES WE READ ABOUT JESUS GOING OFF TO A QUIET PLACE TO PRAY. DO YOU HAVE A QUIET PLACE WHERE YOU CAN PRAY EACH DAY? WHERE?

2. DO YOU HAVE A FAVORITE QUIET PLACE YOU LIKE TO GO WHEN YOU NEED TO MAKE BIG DECISIONS?

3. DID YOU DO ANYTHING TODAY THAT WAS MORE IMPORTANT THAN SPENDING A FEW MINUTES WITH GOD IN PRAYER?

Psalm 63

¹O God, thou art my God, I seek thee,
my soul thirsts for thee; my flesh faints for thee,
as in a dry and weary land where no water is.

²So I have looked upon thee in the sanctuary,
beholding thy power and glory. ³Because thy steadfast
love is better than life, my lips will praise thee.

⁴So I will bless thee as long as I live;
I will lift up my hands and call on thy name.

⁵My soul is feasted as with marrow and fat, and my
mouth praises thee with joyful lips,

⁶when I think of thee upon my bed, and meditate on
thee in the watches of the night;

⁷for thou hast been my help, and in the shadow of thy
wings I sing for joy. ⁸My soul clings to thee;
thy right hand upholds me.

⁹But those who seek to destroy my life
shall go down into the depths of the earth;
¹⁰they shall be given over to the power of the sword,
they shall be prey for jackals.

¹¹But the king shall rejoice in God; all who swear by him
shall glory; for the mouths of liars will be stopped.