

## GROWTH GROUP DISCUSSION

### CONNECT

Talk about a time when you experienced a need for prayer or a powerful moment in prayer.

### LEARN & APPLY

This week we'll practice different ways of praying (it's okay if this feels like a stretch or out of your comfort zone!) Try each of the different models below then share what you find helpful or unhelpful about them.

- Listening to God. Lectio Divina: Psalm 73:21-26. Read this passage out loud three times. After the first time, each person share one word that stood out to you in what was read. After the second time, an image or a phrase that stood out. After the third reading, share if there is something you feel God is saying to you in it.
- Intercession. Who's someone on your heart? Pray by saying Colossians 1:9-12, replacing "you" with the person on your heart. While praying for the needs of the person, imagine Jesus present with them providing for their need. How does using your imagination impact your prayer?
- Read together Jesus' prayer in John 17:15. Speak prayers that come to your mind and heart using the ACTS prayer model (Adoration, Confession, Thanksgiving, Supplication - asking for something or someone). How does this format help you relate with God?
- Are there any other helpful approaches to prayer you could share with your group?
- If time: When God spoke to his people in the Bible, sometimes he used words, and other times he conveyed his message through images. Spend some time in silent prayer, asking God to bring to mind a word or image he wants you to receive. Share it, if you feel comfortable. If not, it's fine to keep it between yourself and God as well.

### PRAY

Divide up into groups of two or three and share requests to pray for each other now and during this week