

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **Philippians 4:6***



REFLECT

1. Think back over the last day or week. What are you most grateful for? What are you least grateful for? Take note of a few moments of significance.
2. Where have you seen God? What is He showing you about Himself? After reflecting, thank God for His gifts to you and for all the ways He is drawing you to Himself.



DISCUSS

1. Talk about your experience with prayer. How do you view it? What does your prayer life look like currently?
2. Pastor Ben named three dimensions of prayer: Downward/Upward, Inward/Outward, Forward/Backward.
 - a. Which best describe(s) your current view and practice of prayer?
 - b. Which dimension(s) do you need to grow in?
 - b. What forms of prayer, postures, or scriptures might help you grow in that dimension? Is there someone whose prayer life you admire who you can ask to help you explore this?
3. Read Ephesians 1:15-21.
 - a. What do you notice about Paul's prayer for the church in Ephesus? How does this compare to your prayers, especially for other believers?
 - b. Where do you see Father, Son, and Holy Spirit here? How is prayer Trinitarian?
4. In Gethsemane, Jesus prays, "Father, if you are willing, take this cup from me; yet not my will, but yours be done" (Lk. 22:42).
 - a. What do Jesus' words show us about prayer?
 - b. How do His death and resurrection affect our prayers?
 - c. Do you believe that prayer can change things? How does prayer change us?



LIVE IT OUT

1. Make a list of specific things for which you would like to thank God. Offer a prayer of thanksgiving to Him in the morning and evening, while you're on a walk, or when you're feeling anxious or frustrated. Notice how this affects your heart, thoughts, and mood.
2. Reflect on how visibly present each of the following are in your life: humility, thanksgiving, stillness, concern for others, hope, and need for God.
3. Join the Tuesday prayer call at 7:00 p.m., or sign up for Thursday's Day of Prayer. Learn more here.



PRAYER