



GROWING UP

on the Journey with Jesus

The Journey to a Life of Prayer

Psalms 121:1-2 (NLT) I look up to the mountains— does my help come from there? My help comes from the LORD, who made heaven and earth!



1. Bring the **Word** into my prayer

Psalms 1:2 (NLT)

But they delight in the law of the LORD, meditating on it day and night.

2. Ask the **Spirit** to speak into my prayer

1 Corinthians 2:10 (NLTSE)

For his Spirit searches out everything and shows us God's deep secrets.

3. Join **Others** in Prayer

James 5:16 (NLTSE)

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.

THE JOURNEY TO A LIFE OF PRAYER

Psalm 121:1-2 (NLT) "I look up to the mountains– does my help come from there? My help comes from the LORD, who made heaven and earth!"



1. Share your favourite 'prayer' story or memory.
2. Over the past few years the idea of Lectio Divina has been mentioned. If you have been attempting this method of connecting the reading the bible and praying, share a bit of your experience so far.
 - a. Why do you think this method of praying with the Bible has been so helpful for Christian for almost 2 millennia?
3. When the "how to" part of Lectio Divina was shared in the message, which of the steps will be easiest for you and which will be the hardest for you? Explain why.
4. What did you find most helpful about the two-part Prayer of Meditation?
 - a. Is this something you will incorporate into your prayer life? Why? Why not?
5. Why do you think it is important to connect with the Holy Spirit during in our prayer times?
6. Since God loves the church, how do you think prayer can bring people together and find unity around God's mission?
7. Richard Foster gives five questions that his prayer group work each week when they meet. Which of the five (for you) would build authentic connections with others?
8. What stops us from making authentic connections in our church community?
9. It is through authentic prayer that God connects deeply with his people. How does this challenge you in your prayer life?
10. What plan will you make to connect the Word, the Spirit, and the Community (others) to your prayer life this coming week? Discuss ways that the group can support each other to deepen the wells of prayer in each person's life.