

GROUNDING

How to stabilize in the face of chaos.

01.02.2022
PRAYER
Discussion Guide

BIG IDEA

Change is inevitable. We like and celebrate the change we choose but the change that's forced upon us can feel like chaos. Pastor Daniel explains that a daily habit of prayer will help us get grounded and describes four ways we can make prayer our first response, not our last resort.

SCRIPTURES USED IN THE MESSAGE

- 1 Thessalonians 5:16-18
- 1 Thessalonians 5:17 (NLT)
- Luke 18:1 (NLT)
- John 15:4-5
- Daniel 6:10
- Mark 1:35
- Luke 11:1-2 (NLT)
- 2 Corinthians 13:14 (MSG)
- Hebrews 4:15-16
- Ephesians 3:14

TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- How do you respond to change in your life (both expected and unexpected change)?
- What does it mean to be grounded? How does the discipline of prayer help you to become more grounded?
- What time of day can you set aside to pray? What do you need to do to remind yourself to pray at that time?
- What is a sacred space? If you don't have one yet, how could you create one? How can you remove distractions in that place?
- How can you come into prayer prepared to pray? What plans for prayer work for you?
- How do you develop intimate relationships and friendships? How can you apply that to your relationship with God?
- What are some changes you can make to make prayer a priority in your life?

APPLICATION IDEAS

- Commit to praying first before doing anything else this week and preparing to share what happened.

PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray for one another to develop intimacy with God based on the amazing grace of Jesus, the extravagant love of the Father, and the intimate friendship of the Holy Spirit.

LEADER TIPS

- Start praying for the people who God will be bringing to your group in the upcoming semester.