

BRAVE NEW YOU

05/12/2024 "The Balancing Act"

1. What stood out to you most from Sunday's message? Why?
2. When you're worn out, what helps you recharge?
3. What things bring you the most joy and energy?
4. Read Matthew 6:1-13. How does the Lord's Prayer provide some guidance or correction to the misguided attempts at prayer described in verses 1-8?
5. Read the Lord's Prayer aloud a couple three times as a group. What stands out to you from this prayer? Why?
6. How would you define prayer? What is its purpose?
7. When are you most likely to pray?
8. Read Luke 18:1-14. What does this passage teach about prayer?
9. How does prayer help us draw near to God?

Prayer balances our "knowing" and "doing". When we come to God in prayer, it is an acknowledgment that we can't do this on our own. It expresses our dependence upon God. However, it also reminds us that in this life we are not alone. You have been invited into a partnership with God, whereby He works in you.

10. In what areas do you need God to work in your life?
11. Are there prayers that you have held onto for a long time? Or prayers that you have given up on? If you are comfortable, take a few minutes to share with your group.
12. As you close your group time, spend extra time discussing prayer requests. Make these requests personal. Then spend time praying for each other. You may want to break into smaller groups of two or three.