

Find and Follow-Discussion Questions Week Four

- 1) Laura Garry, Central's Groups and Communication Director joined us this week to discuss the why of prayer. Why should we make prayer a priority in our lives? How would you answer that question?
- 2) When you think about prayer, do you see it as a place where we grow over time to know God is with us, working in our inner being as we live out each day? Why or why not? How do you think about prayer?
- 3) How have your circumstances made it difficult to trust God or other people? How can prayer alongside Scripture help you grow in trust with God and people?
- 4) Is your identity wrapped up in your job, or do you find your worth in being a parent, having an education, having a position, or possibly a title? Have you considered how we seek to create an image that lives up to our identity? How is prayer alongside Scripture the place to learn the identity we have been given as a child of God?
- 5) Hebrews 4: 14-16 says, "Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need." Have you ever considered how Jesus knows exactly what we are experiencing because He was fully God and also fully man? Consider how Jesus knows our inner struggles, heartaches, rejection, betrayals, feelings of abandonment, shame, and physical pain. How does this help you as you pray?
- 6) Have you considered how prayer becomes the place to experience God's Presence? God's Presence and Peace are our refuge and strength as we walk through life's ups, downs, twists, and turns. God doesn't promise us our lives will be free of pain. In John 16:33, Jesus says, "I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." We will experience storms in this life. Following Jesus in prayer means learning He is with us even when storms surround us. How can you grow to learn and remember that prayer is the place we learn God is with us each day? Knowing this before the storm helps us remember God is with us when life becomes difficult.
- 7) Do you know the Bible shows 25 different times Jesus prayed? Jesus is modeling for us the highest level of knowing—asking for wisdom from God. Scripture tells us that Jesus prayed the night before choosing the 12 disciples. God's wisdom is available to us if we ask. Where in your life do you need to ask God for wisdom? (James 1:5)

8) **P.R.A.Y.** –**P**: Pause to be still **R**: Rejoice with a Psalm and Reflect on Scripture

A: Ask God to help others. Ask God to help you and your family. **Y**: Yield to His will in our lives. Write out this acronym and place it somewhere you can use it for help when praying. Spend time in prayer now, using the acronym to meet with God in love and quiet conversation.