



Prayer: Are You Talking to Me? | September 28, 2016

Discussion Guide

The Scoop

Prayer = Talking to God. Relationships are built on communication so let Him know how you feel. Thinking about it as “talking to God” removes the mystery of trying to say all the right things.

Key Verse

Philippians 4:6-7 (MSG)

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Discussion

Relationships are built on communication. Honesty and openness create trust. When it comes to our closest friendships, we have disagreed, argued, laughed, cried, and joked with each other. The question of the day is, “Why would it be any different with God?”

1. Describe your communication with your longest friendships/relationships.
2. Do you have any examples of times when you argued with a friend or family member and your relationship became stronger? Explain.

People seem to have been led to believe that praying needs to be eloquent and perfect. We feel guilty if we get distracted when doing so, and we carefully calculate what we bring to prayer worrying that we might say something wrong. However, when we teach our kids how to pray, we don't include this same list of rules.

3. What have you been taught about prayer?
4. What are your biggest hurdles to a regular prayer life...regular conversations with God?

C.S. Lewis says that we should not worry about what we ought to say, but rather we should tell him exactly what is in us. Prayer is really talking to God. The more you talk to any of your significant relationships, the better off the relationship is. It is no different with God. Philippians suggests that the more we interact with God through prayer, the more we get a sense of what God is doing in our lives.

5. When, if ever, do you typically talk with God?
6. What might be some good topics and times with which you could engage with God?

What's Next?

“I don't know what I would say.” “It's been too long.” “He doesn't care about my little worries.” These are typical things we believe to be true about talking with God. The Bible paints a very different picture. God delights in hearing from His kids. This week, decide to set aside time to talk to God. Talk about whatever you want. Yell at him if you have to. Anything is better than nothing! Talking is the first step to forming or continuing a relationship.