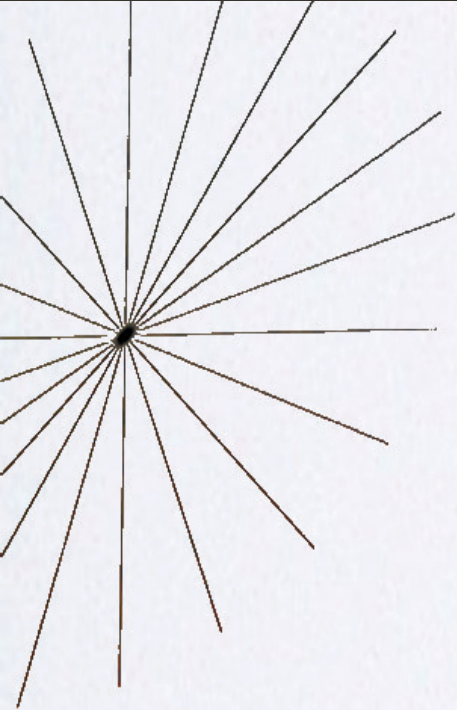


SMALL GROUP GUIDE



THE POWER OF PRAYER



HOW TO PRAY. WAYS TO PRAY. WHY WE PRAY.



CIRCLE 01/03: **HOW TO PRAY**

As a kid, I took everything a few steps too far. One morning in Sunday School, we studied a verse that made me scratch my head. It said, “And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it” (John 14:13-14). My kid brain interpreted this to mean that prayer gave me superpowers. I thought, “If I am going to do the same things Jesus did, then I better get to work!” I became committed to this concept, so I decided I was going to walk like Jesus. Time to walk on water.

There I was, standing by my mom’s pool, ready to take my first step into the history books. I was a little nervous it wouldn’t work, so I put water wings around my ankles.

I took a deep breath, closed my eyes, prayed a prayer, and went for it.

I dipped my toe in the water and felt weightless. I stepped into the water, and I could feel something happening. Was I really walking on water? Adrenaline pumped through my arteries as I stepped my full weight onto the surface of the water. My entire body plunged into the pool, but my feet swung up over my head. I made a miscalculation. Those little water wings were trying to drown me! I flailed around for a few minutes before finally gaining my composure and awkwardly bobbing around the pool with floaties around my feet. It’s a miracle I didn’t pass out.

Wait...I prayed. Why didn’t I miraculously walk on water?

The above question proves a distorted perspective of prayer. If we’re not careful, we can think about it in the context of getting what we want or even controlling our situation. But God isn’t a vending machine or a blue genie. He’s the almighty, all-knowing, all-powerful God of the universe. Our prayers should reveal that same reverence. Let’s explore Matthew 6 to learn how Jesus set up a life-changing model for prayer during his ministry.

READ: Matthew 6:9-13

“This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’”

During the Lord's Prayer, Jesus is making two assumptions. First, we must pray every day. He prays, "Give us this **day** our **daily** bread." Daily, as a repeated term, affirms that prayer must be persistent in the life of a Christ-follower. This goes far beyond mealtime and church service prayers. We should allow prayer to be at the forefront of our daily routine. Just like our physical health struggles without exercise, our spiritual health struggles without prayer. From this day forward, let's commit to praying every single day.

Secondly, we should pray before we do anything else. When Jesus mentions "daily bread," this is likely an allusion to breakfast. Prayer should be the launchpad of our entire day. We should talk to God before we talk to anyone else. Before you reply to texts, talk to God. Before you sit at your computer, talk to God. Before you meet up with your friends, talk to God. Let God be the first and last person you speak to. This will radically transform all your relationships with God and other people.

So how do we do it? How do we pray like Jesus? The Lord's Prayer offers the solution, but it's crucial to truly grapple with the principles behind the passage, as it's likely one of the most memorized sections in Scripture. To prove that point, I used to volunteer with a football team that recited the Lord's Prayer before every game. After a while, it almost became like a chant or a mantra. Sure, we said the words, but did we actually mean them? The power of this prayer is not the words themselves. Rather, it's the heart behind them. Observing three key sections, let's dissect the Lord's Prayer as a model for our daily conversations with God



Rejoice

When Jesus teaches us how to pray, the first line says, “Hallowed be Your name” (Matthew 6:9). A crucial ingredient of effective prayer is rejoicing. In the very first line, Jesus celebrates God’s character, goodness, and holiness.

We often approach prayer like a wish list, but it’s actually worship. What does this look like when praying? Thank God for all the wonderful things you’ve seen. Thank God for the problems you’ve overcome. Celebrate all the blessings around you. Position your prayers off yourself and onto God. Praise Him for who He is and how glorious His works are. Praise is powerful because it repositions your perspective. It takes your focus off yourself and places it on God.

Reflect

Jesus then urges us to reflect on what God’s been doing and where He’s taking us. He achieves this using the language of “kingdom.” He explains, “Your kingdom come, Your will be done, on earth as it is in heaven.”

Take some intentional time to reflect on all God has brought you through and what He’s taking you through now. Yes, He certainly knows all about it. Like talking to a counselor or writing a journal, processing your experiences gives you a renewed attitude and gratitude. Share your concerns with God. Explain your dreams to God. Talk through your decisions. When you take the intentional time for reflection and introspection, you will begin to see things more clearly.

This is where prayer gets extra personal. As you reflect on your thoughts, God will step in and direct your steps. Whatever you’re working through, invite God into the process. Then you can move on to the next step.

Request

We often think of prayer in the context of prayer requests. We ask God to give us a better life, help those we love, and download all the information we should have studied for. If we’re not careful, we can begin to approach God like a slot machine and prayer like a quarter. It’s so much bigger than just asking God to do stuff for us. Prayer requests are good, but they’re only a sliver of a satisfying prayer life.

In the last part of the Lord's Prayer, Christ asks for provision, deliverance, and forgiveness. These are all requests. When teaching his friends how to pray, Jesus takes them from rejoicing to reflecting and then into requesting. We often skip the first two and head right into requesting. It's a natural temptation. Why? Because life can be confusing and uncertain. Thus, we want God to intervene. However, prayer is so much bigger than changing circumstances. God wants to change you.

- If you're breathing, rejoice over your health.
- If you have seen success, reflect on all God is doing within your life.
- If you're thriving, pray for God to stretch your spiritual life.
- If you're struggling, pray for God to heal your brokenness.

Prayer is a direct line to the power of God. There is no greater blessing than going before your cosmic God in direct communication. Prayer is like food for your soul. It's not just important; it's essential. Prayer is powerful. It changes things. It changes lives. Invite God to consistently mold you, shape you, and grow you. Prayer changes things, and that "thing" is usually you.

TALK IT OUT

Go through these questions with your circle. Be honest. Be open. Talk through the tough stuff.

Ice Breaker: Go around your circle and share this week's highs and lows. What was the best part of your week and the lowest part of your week?

Q1: What's one thing that stood out to you from today's message?

Q2: Tell the group about a time when you did something unwise as a kid. What was the outcome?

Q3: Why do you think so many people have a hard time developing a daily habit of prayer?

Q4: What are some things that prevent people from praying?

Q5: What are some common misconceptions of prayer that you have heard or experienced?

Q5: Most people go straight to "request" when they pray. Why can this be problematic?

Application: Follow Jesus's framework and pray every day this week. Take notes of how it makes you feel, where you struggle, and what you experience.

READING PLAN

READ THESE PASSAGES IN ORDER EVERY DAY

Psalm 103:1-14

Psalm 21

Psalm 110

Psalm 22

Psalm 20

Psalm 72

Do the following with each passage:

ASK– God to connect with you here. In prayer, start by slowing down and inviting God to be present. Begin with focus and openness to see what God has for you today.

READ– the selected section of Scripture slowly. Take note of the words and phrases that intrigue you, reading them a second time if necessary.

REFLECT– on what grabs you. How does this passage personally relate to your own life and experiences?

RESPOND– to the Scripture. Speak directly to God about what's on your mind and heart. Look for ways to live out what you've uncovered.

CIRCLE 02/03: **WAYS TO PRAY**

“What was I thinking?” I asked myself while lying on the ground catching my breath. The sweaty people around me were dropping heavy steel plates, jumping onto really high boxes, and screaming intensely. This wasn’t a nightmare—I had found myself in my friend’s CrossFit gym. If you are not familiar with the movement, let me explain. CrossFit combines intense weight-lifting and community support to create a captivating way to work out. Their following is fanatical, and my friend is one of those fanatics. He attends multiple classes a day, wears the merchandise, and casually uses phrases like “no pain, no gain.” The gym is his happy place. While rolling on the ground in agony, I didn’t see the appeal.

During my free class, the instructor had us squat nearly 100 pounds thirty times, run half a mile, do these things called burpees, and rehearse jumping jacks between each movement. My heart pounded like a jackhammer. I couldn’t catch my breath. I couldn’t stand without stumbling. I began writing my final will and testament in my head. Then, the instructor announced, “That was a good warm-up, everyone. Let’s get started.” I let out an audible groan.

After my free trial class, I never went back. “The gym just isn’t a place for me,” I explained to my friend. I get it—working out is extremely important. However, I assumed it wasn’t for me after that class tried to send me to the morgue. Something amazing happened a few months later, though. I went to the gym and loved it. I met up with a couple of friends, and we started a program called HIIT. The pace pushed me. The movements strengthened me. The community supported me. Turns out I didn’t hate the gym; I just needed to find a method that worked for me.

The same principle plays out in our spiritual lives, too. I’ve met so many people who claim they have a hard time praying regularly. We assume we can’t pray because our minds wander, our thoughts zig-zag, we fumble over our words, or we find it hard to get into the routine. Like my embarrassing frustration in a CrossFit gym, you may just need to find something different. There are dozens of ways to pray, so it’s pivotal that you find the practice that works best for you. Why? Because prayer is like exercise for your soul. It’s both healthy and necessary. Take a look at how the Apostle Paul described his overarching expectations of prayer lives.

READ: Ephesians 6:18-19

“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people. Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel.”

This passage takes place directly after Paul’s popular discussion on spiritual warfare. Ephesians 6 demonstrates that your life is going to be a fight. Circumstances will get challenging. The enemy will wage war daily. You will occasionally feel as though life is attacking you from every direction. Paul’s closing charge is simple: if you want to win in life, prayer is the only way.

Every believer is called to stand firm in prayer. Prayer is not just something we practice; it’s designed to be our core source of energy and longevity. Martin Luther explained, “To be a Christian without prayer is no more possible than being alive without breathing.” In our spiritual life, prayer is like our breath.

Paul clearly agrees. Take a look at his universal language in verses 18 through 20. How are we supposed to pray? All ways. When are we supposed to pray? At all times. Whom are we supposed to pray for? All people.

“Wait, you’re telling me there is more than one way to pray?” Of course! Prayer is defined as consistent communication with our Creator. Just like there are dozens of communication styles, there are dozens of prayer methods. Today, we will investigate four practical ways to pray.

Praying with Writing

Have you ever heard of the learning styles? These are practices that help individuals engage with ideas. For example, some people are kinetic learners, which means they learn by doing. Others are auditory learners, which means they prefer to listen. Many people are visual learners, which means they engage with the ideas they see. Interestingly, over half of all humans are visual learners. That’s the beauty of prayer journaling. It allows us to combine an auditory practice with a visual prompt.

How do you do it? Simply dust off a journal and start writing to God. Think of your prayer journal as a letter to the Lord. As you write out your prayers, you will notice that you pay closer attention, organize your thoughts better, and are far less likely to get sidetracked.

Praying While Walking

One of the most common barriers to prayer is boredom. Just sitting alone in a room and talking takes a lot of focus. For most of us, our minds wander, and our eyes get tired. Before you know it, prayer time has become nap time. How do we stop repeating that mistake? Take a prayer walk.

It's exactly what it sounds like. Walk around your city, community, school, or workplace while praying. As you enter a new area, ask God to reveal something to you, renew your faith, and bring revival. You will become more aware of the deep interconnectedness of your world and God's work.

Praying with the Bible

Some early Church leaders practiced *Lectio Divina*, a Latin phrase that translates to "Divine Reading." This is the practice of slowly working through a short section of Scripture, focusing on every single word, and asking the Holy Spirit to reveal specific concepts that resonate with you.

When you don't have the words, flip through your Bible to find some. There are thousands of prayers written out on the pages of Scripture. Let's learn from them and do the same. How do you make it more personal? Consider writing Psalms out and personalizing them to your own context. Go through a section of Scripture that you know well and ask God to show you something. The author of Hebrews teaches that "the word of God is alive and active" (Hebrews 4:16). Since God's Word is alive, ask God to breathe new life into your prayers.

Praying with Your Imagination

St. Ignatius of Loyola coined and cultivated a powerful prayer practice called imaginative prayer. Simply put, this is when you envision yourself inside a Bible story. How do you incorporate imaginative prayer into your life? Did you ever play pretend as a child? It's that simple. Contemplatively close your eyes, ask God to work in your

heart, and open your Bible to a narrative passage. While studying, imagine the sights, sounds, smells, and sensations brought on by God's stories. Personally, this practice has really helped the way I engage with the Gospels.

Every story in Scripture is a real scene from history. Imagine yourself as an observer or a participant in the moment. Here are two examples. First, try to imagine yourself at the feeding of the five thousand. Marvel at the miracle. Smell the bread. Feel the grass beneath you. Sense the compassion and power of Jesus. Let God speak to you through the unique way you imagine the scene.

Second, hold onto a prop that sparks a scene from Scripture, whether it's bread and juice from the Last Supper, a wooden staff from the parting of the Red Sea, or palm branches from the triumphant entry into Jerusalem. Hold onto that prop and ask it to help you imagine whatever moment that item represents. As your imagination sparks, God's prayerful work starts.

Now, God doesn't move through props; He moves through people. Everything we just mentioned is a mere practice. There is nothing supernatural about a prop, a walk, or an old journal. They're just ordinary things. All of these ordinary concepts are designed to spark an extraordinary encounter.

What steps can we take to get the most out of our newly-formed practices?

Be Creative.

Feel free to express yourself to Jesus in creative ways. While journaling and using imagination, you can draw pictures, bullet out your requests, write a poem, or turn your prayers into personal Psalms. Jesus has given you unique talents and approaches to processing your thoughts that can be used to praise God and pray to Him. However, you can best search your heart, mind, and emotions. Start there. Then pray what you have written to God.

Be Contemplative.

Every single way to pray requires contemplation. Contemplation is an invitation to slow down with your thoughts and the Spirit's work. As you contemplate, ask yourself these questions: How am I feeling? What am I thankful for? What Bible story speaks to my

current moment? Whom do I need to pray for? What am I struggling with? Where do I need clarity? It's amazing how you tend to look at life from a healthier perspective when you contemplate everything in the presence of God.

Be Candid.

There is no need to edit or censor your prayers. Jesus knows all your thoughts and feelings already, so don't hold back. Get it all out. Learn to be direct and articulate when you pray. So often, being open with God helps you to process, learn, heal, and grow as you spend time with Him.

Paul commanded us to “pray in the Spirit on all occasions with all kinds of prayers and requests.” Pray every day. Pray in different ways. There are so many different methods of prayerful meditation. This list is hardly exhaustive. It barely scratches the surface. Start trying new things today. Write in your journal. Walk around your school. Imagine yourself at the feet of Jesus. At the end of the day, the best prayer method is the one you do.

TALK IT OUT

Go through these questions with your circle. Be honest. Be open. Talk through the tough stuff.

Ice Breaker: Go around your circle and share this week's highs and lows. What was the best part of your week and the lowest part of your week?

Q1: What's one thing that stood out to you from today's message?

Q2: What is your favorite way to communicate with your friends?

Q3: Why do you think it's sometimes hard to feel close to God?

Q4: Of all the ways to pray, which of these stuck out to you? Which of these will you try this week?

Q5: What are some ways you can bring your own creativity into your prayer life?

Application: Try 1-2 of these ways to pray this week. Give it your attention and intentionality. As you do, note if any method comes more naturally to you than others. Decide which ones you'd like to incorporate into your spiritual routine.

READING PLAN

READ THESE PASSAGES IN ORDER EVERY DAY

Hebrews 4:14-16

Luke 18:1-8

Luke 18:9-14

Matthew 18:20

Mark 11:24-25

John 15:1-11

Luke 22:39-44

Psalm 46

Do the following with each passage:

ASK– God to connect with you here. In prayer, start by slowing down and inviting God to be present. Begin with focus and openness to see what God has for you today.

READ– the selected section of Scripture slowly. Take note of the words and phrases that intrigue you, reading them a second time if necessary.

REFLECT– on what grabs you. How does this passage personally relate to your own life and experiences?

RESPOND– to the Scripture. Speak directly to God about what's on your mind and heart. Look for ways to live out what you've uncovered.

CIRCLE 03/03: **WHY WE PRAY**

Want a great idea for a date night? Next time you have some free time on a Saturday, go to the hardware store and head to the brightly-lit section with all the paint sample papers. You know the one, right? It's just walls and walls covered in little paper color swatches. While there, hunt for the weirdest paint name you can find. It's an absolute adventure. Here are just some of the peculiar paint names out there:

Dragon's Blood

Mayonnaise

Flamingo Dream

Hugs and Kisses

Phantom Mist

One summer, I was helping my church paint some rooms on campus. Our team was insanely quick (not terribly careful, but quick) at getting the job done. That said, we often ran out of paint before the day was over. One humid Friday, we used the last pour of paint in the pail four hours before the weekend. The fellow who usually got the paint was on vacation, so they sent me to pick up some paint from the store. Well, they didn't send me as much as I volunteered. Driving into the city meant at least one hour in the air conditioning, so I leaped at the opportunity.

I walked into the hardware store and simply asked the clerks for white paint. They laughed at me. Once their giggle fits calmed down, they went on to explain that they carried hundreds of different shades of white, from "White Daisy" to "Mayonnaise" (Gross). How on earth can there be so many shades of just white? After guessing and going back and forth, he refused to help me without knowing the exact shade we needed. I drove all the way back to the church, grabbed an empty paint can out of the garbage and drove back. It turns out the color was "Polar White."

To get the right outcome, I needed to know my goal. The same is true for our prayer lives. We must approach God intentionally to get as much out of it as possible. When studying dozens of popular prayers in the Bible, a theme emerges. God has three goals in mind for you when you pray. What are they? Let's conclude our journey by studying another popular prayer from the pages of Scripture.

READ: Psalm 46: 7-11

7 The LORD Almighty is with us;
the God of Jacob is our fortress.

8 Come and see what the LORD has done,
the desolations he has brought on the earth.

9 He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.

10 He says, "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."

11 The Lord Almighty is with us;
the God of Jacob is our fortress.

Psalm 46 was a song of prayer written by the Sons of Korah—a team of musicians that worked closely with King David. Many believe this song was utilized as a communal prayer for God’s people, similar to the Lord’s Prayer today. Archeologists suggest that this specific psalm inspired other artists, too. Ancient influencers would adapt this psalm into paintings, dramas, and performances. How fascinating is that?

If Israel had the radio, this song would likely be at the top of the charts. The Sons of Korah were Israel’s Beatles. Their music was inescapable because every song was prolific and powerful. What makes this particular prayer so powerful? It’s because it’s centered on the purpose behind prayer. Every line speaks to something God wants to do within you.

When you pray, these are the goals God has in store for you.

God’s Protection

Psalm 46 still inspired artists long after the Sons of Korah were gone—even a thousand years later. “A Mighty Fortress Is Our God” remains one of the most famous hymns of all time. Most people do not know that it was written by Martin Luther, the reformer that nailed a protest poster to the door of the All Saints Church in England. He wrote his famous hymn after reading Psalm 46.

Korah's antique song delivers a timeless message. Whatever is happening around you, God is protecting you. He is your fortress, your refuge, and your spiritual storm shelter. This song reminds us that God is strong, safe, and secure.

Prayer is the path to God's protection.

Our world is an uncertain place. Wars wage. Storms churn. Nations rise. World leaders fall. While planet Earth displays so much majesty, it can also be pretty scary. Do you know what proves that point? Doomsday bunkers. In recent years, underground bunkers have become a multi-billion-dollar industry. Since the world proves to be scary, people invest a lot of money to hide underneath the ground.

A company named Survival Condos made its mark on the bunker business world in the last few years. It created twelve luxury underground bunkers with a modest price tag of \$3 million down plus recurring membership fees. All of this is for a home you'll likely never live in. Does that seem too expensive for your taste? What if I told you these bunkers have a movie theater, resort-style pool, dentist's office, library, and an arcade? Still too expensive for your taste? Yeah, mine, too.

While Survival Condos' bunkers have all the bells and whistles you'd crave for the apocalypse, do you know what they don't have? Windows. Parks. Grass. Fresh fruit. Oxygen from trees. Honestly, most of us would hate living inside an underground bunker. I am getting claustrophobic just thinking about it.

According to the Sons of Korah, God is your fortress. He's way better than a bunker, too. God brings protection to you. You don't have to flee, disappear, or get on an underground elevator. Thanks to the power of prayer, God transforms our personal homes into fortresses. When we pray, God protects us.

Look back over your life, and you will inevitably see all the ways God protected you without you even knowing it. He's likely protected you from the wrong relationships, the wrong jobs, the wrong turns, and even the wrong decisions.

While we often think of prayer in the context of provision, the psalmists clearly see it as a source of protection. Psalm 91:9-10 expounds on this idea: "If you say, 'The LORD is

my refuge,' [...] no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways." God guards you. Prayer deploys an army of angels to protect you. You are safe and secure in God's arms because He is powerful.

God's Power

The earth-shattering reality that God protects us should make our heads spin. The God of angel armies is defending us in our neighborhoods. We can have confidence in the quality of His protection because we can have confidence in His power.

The Sons of Korah wrote this song as a celebration and an invitation. They asked the listeners to "come and see what the Lord has done." What do they want them to see? God's glory is on display all around us. He ended wars. He molded mountains. He put together continents like puzzle pieces. God is powerful. Do you want to know why that's good news for us? Our powerful God is on our side.

Let's try to wrap our minds around God's power. At this present moment, where are you? I can hear your remarks already: "I am sitting in my room in Montana. I am in the church in Malaysia." But you should zoom out. You're on a planet called Earth. You're on a space boulder floating in the void of the universe. Want to know something even crazier? The universe is expanding with every exhale of your lungs.

God's power is holding all of this complexity in order. He's holding our molecules together. He's ensuring the sun doesn't burn us to a crisp. He developed plants that enrich our air and food that grows from the ground. Even crazier, God custom-made trillions of people, and every single one of them is distinct. God is powerful.

If He can hold the universe together, He can help you put the pieces of your life back together. If he can sculpt mountain ranges, imagine what He can build in your career. If God has an army of angels at His command, imagine how safe you are in this moment. Prayer helps us tap into God's power and experience His presence.

God's Presence

Towards the end of their psalm, the Sons of Korah go from God's universal power to God's personal presence. They encourage their listeners to "be still, and know that I am God." This is so much bigger than a suggestion to slow down. Prayer opens the door to the presence of God.

Life makes us all move quickly, doesn't it? Work, school, family, responsibilities, chores, and errands stack on top of each other like stress legos. Even the strongest people will find themselves exhausted.

In the midst of your commotion and chaos, take some time to slow down. Take a break. Find a quiet place. Retreat to your room. Turn off the notifications. Just be still before God. While your body needs movement, your soul needs stillness.

Prayer helps us slow down and recalibrate our lives. What's the source of our recalibration? God's presence.

Sometimes that reality is cloudy. How do you make it clear? With prayer. Whether you're in a classroom, a courtroom, or a car, bask in God's presence. It's only a prayer away.

Prayer is powerful. It's my hope that you see that prayer is so much bigger than making requests for provision. It's much more extensive than that. Prayer helps you experience God's protection, power, and presence. How do you experience all those things? Simply close your eyes and start praying, "Dear Jesus..."

TALK IT OUT

Go through these questions with your circle. Be honest. Be open. Talk through the tough stuff.

Ice Breaker: Go around your circle and share this week's highs and lows. What was the best part of your week and the lowest part of your week?

Q1: What's one thing that stood out to you from today's message?

Q2: What do you think most people would say is the reason they pray?

Q3: Has anything in this study changed your perspective on prayer? How so?

Q4: What are some ways you've seen God's protection for you?

Q5: What practical step you can take to "be still" before God this week?

Application: Simply be still. Find intentional time to escape from the chaos of your life and just enjoy a conversation with God.

READING PLAN

READ THESE PASSAGES IN ORDER EVERY DAY

Acts 16:25-26

James 1:5-6

Philippians 4:6-7

John 14:13-14

Matthew 7:7-11

Ephesians 6:18

Hebrews 4:14-16

Do the following with each passage:

ASK– God to connect with you here. In prayer, start by slowing down and inviting God to be present. Begin with focus and openness to see what God has for you today.

READ– the selected section of Scripture slowly. Take note of the words and phrases that intrigue you, reading them a second time if necessary.

REFLECT– on what grabs you. How does this passage personally relate to your own life and experiences?

RESPOND– to the Scripture. Speak directly to God about what's on your mind and heart. Look for ways to live out what you've uncovered.