

## **Adult Study: Breathe Normally**

“Flight Instructions When Life is Spiraling Out of Control”

Talk about a stressful time in your life when things felt out of control.

Is it incorrect to think that we ever really have everything under control? Why or why not?

What have those moments taught you about prayer?

What do you think about this statement: *Prayer can help us to breathe normally when everything around us seems out of control.*

Tim mentioned the top 10 stressors in life in his sermon. They are listed below. Circle or underline any that you have had to deal with.

**For Adults:** Death of a spouse; Divorce; Marital separation; Imprisonment; Death of a close family member; Personal injury or illness; Marriage; Dismissal from work; Marital reconciliation; Retirement

**For Non-Adults:** Death of a parent; Unplanned pregnancy/abortion; Getting married; Divorce of parents; Acquiring a visible deformity; Fathering a child; Jail sentence of a parent for over one year; Marital separation of parents; Death of a sibling; Change in acceptance by peers

**Other stressors:** Selling a home; High stakes testing (EOG; College entrance exams; SAT); Talking to someone you are interested in; Starting a new job; Becoming the victim of a crime; Starting a business; Election years

How did you deal with those stressful situations?

David understood the need for prayer. Discuss the situation David and his men found themselves in described in 1 Samuel 30. What was taking their breath away?

What was the first thing David decided to do before he acted? (1 Samuel 30:7-8)

When David's son was sick, what did David do? (2 Samuel 12:16)

Does God always answer our prayers the way we want?

Paul understood the need for prayer. (Philippians 4:6-7)

- What instructions does Paul give us to help us "not be anxious"?
- What did Paul indicate would happen when we pray?

David would refer to prayer often in the Psalms. Read the following passages about prayer. What is the general theme of these prayers? Psalm 4:1; 6:9; 17:1, 6; 143:1

What happened when the early Christians came together and prayed? What was the basic focus of their prayer? (Acts 4:24-30)

James reminds us that prayer is both powerful and effective. What are some of the key elements to James' instructions? (James 5:16)

What do you need us to pray about?

**PRAYER:**