# Life Group Notes

## Lord, teach us to pray

## 7. Praying without Distraction

These notes are designed to be used in Life Groups alongside the Sunday teaching at Wavertree.

You might want to begin the time by sharing what stood out from Kate's talk on the 25th October. Or by sharing your experiences with the groups if you had a go at fasting over the last week.

***"Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but few things are needed—or indeed only one.[f] Mary has chosen what is better, and it will not be taken away from her."***

***Luke 10:41-42***

**INTRO: 10 minutes**

Do you like being the centre of attention? Or Do you prefer to be in the background?

**Martha was busy serving and doing important things. Mary chose to sit with Jesus and listen.**

**Jesus did not say Martha's work was unimportant. Rather, He reminded her that amidst all the good things demanding her attention, spending time with Him was the "better part."**

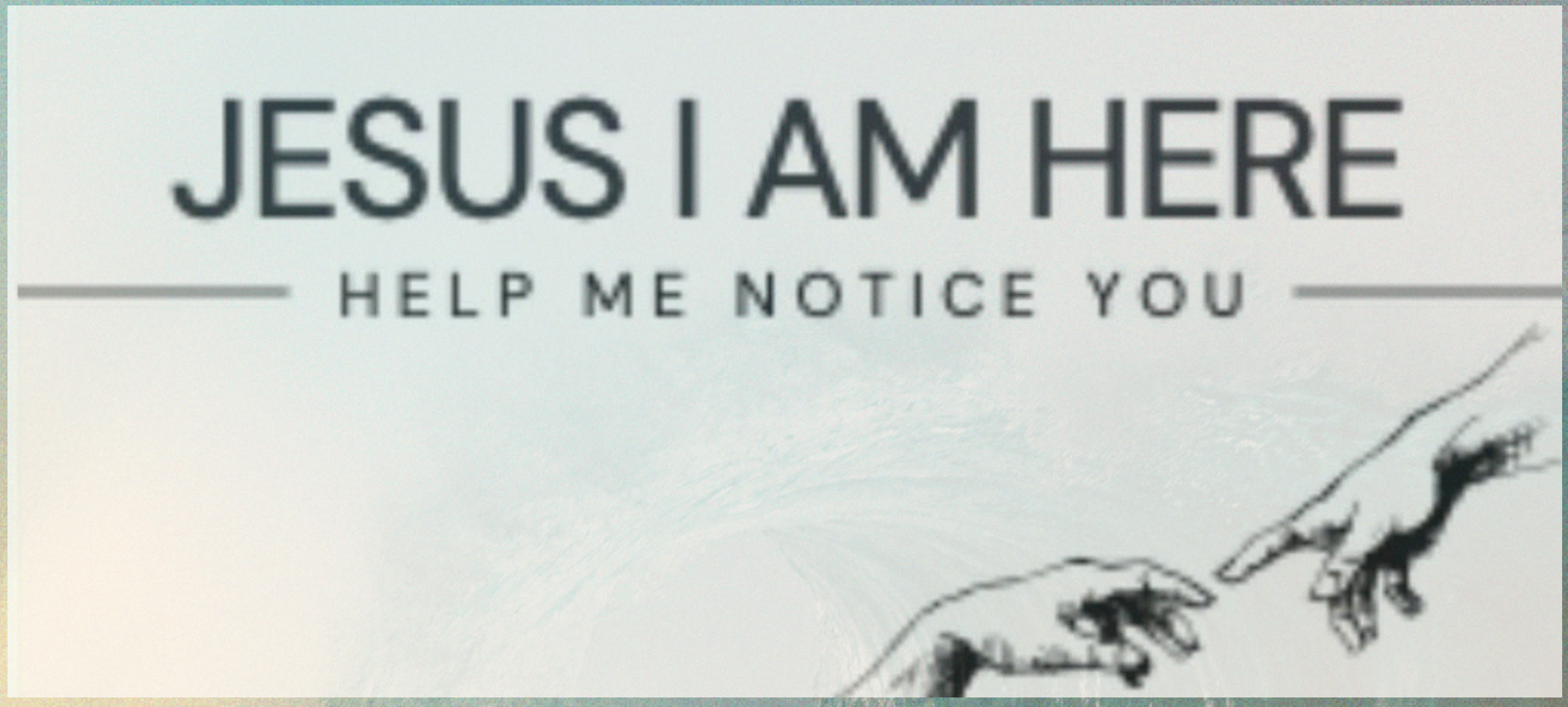
**DISCUSSION: 15 minutes**

- What kinds of responsibilities and activities tend to crowd out time with God?
- How much does your phone impact your relationship with God? Is it helpful with useful spiritual apps like Lectio? Does it ever become a distraction?
- Why is it often easier to do things for God than simply be with God?

**DISCUSSION: 20 minutes**

**Relationships do not grow by accident. Just as we intentionally make time for friends and family, we need to intentionally make time for God through prayer, worship, silence, and reading Scripture.**

- What practical habits help you make space for God?
- What is one small change you could make this week to create more intentional time with Him?




**DISCUSSION Continued:**

**God is not distant or waiting for us to earn His attention. He is already present in our daily lives, at work, at home, in conversations, and even in ordinary moments.**

**Prayer is not just a scheduled activity; it is a way of living with an awareness of God's presence throughout the day.**

- Have you experienced a time when you became aware of God in an ordinary moment?
- How might your day change if you remembered that God was with you throughout it?

## Practical activity for this week

**We want to be people who make time for God un-distracted. Over the last few weeks we have discussed that what that actually looks like will be different for all of us. Some will need to be active in a way that can free their mind - like running or swimming. Others will need to find a space to be still without interruptions.**

1. Identify 1 thing that stops you spending un-distracted time with God
2. Find 1 time this week you can spend un-distracted time with God - make it happen
3. Share with your group next week, did it work, where was the resistance, how do you feel about it? Did God say anything to you?