



## **Week 3 Questions**

### **Contemplation**

- 1: How would you describe prayer?
- 2: What are the greatest deterrents to people spending time in prayer?
- 3: How can prayer as a daily practice be a benefit to you?
- 4: What are some examples in the Bible of people who prayed? What can you learn from them?
- 5: How much time should be allotted to a prayer time with God? Why?
- 6: What are the top four needs that people bring to God in prayer? Are there more important things to bring?
- 7: What is one thing you could refrain from during Lent to make time for prayer?
- 8: Take time to share prayer concerns and pray for one another.

### **Confession**

- 1: Why is confession such a hard practice for most people?
- 2: In your opinion, what makes confession a worthwhile endeavor?
- 3: Do older generations of younger generations have a harder time with confession? Why?
- 4: Who is someone in your life that you would least like to confess to?
- 5: If you were to confess things in your life to God or someone else, do you think it would be helpful to you? How?
- 6: How do you think God responds to our confessions?
- 7: Is there anything you would like to confess today and receive prayer for?