



Life Group Questions

Week 2 | Feb 18, 2024

ICEBREAKER: How would you explain prayer to an alien? Brainstorm a list of explanations as a group. Then, if they could only share three things, what would the top three be?

1. What stood out from Sunday's message? What encouraged, challenged, or intrigued you?
2. Thinking about your prayer life (before the 40 Days of Prayer):
 - A. When or how often did you pray?
 - B. What kind of prayers were they (praise, repentance, ask, yield, general, etc.)?
3. What stops you from praying more frequently or with more intentionality?
4. Thinking of the five effects that prayer has on brains:
 - Enhancing our social awareness and empathy
 - Increasing our love for our neighbors¹
 - Stopping us from taking [unwanted] actions
 - Helping us get away from fight or flight mode
 - Helping us develop social trust and attachment²
 - A. What area would you like to see growth in?
 - B. Are there any specific areas of focus in your prayers that could help you grow?
5. Looking back at Matthew 6:8-13:
 - A. What stands out to you about how Jesus taught us to pray?
 - B. As a group, use the categories that Jesus used (thanksgiving, praise, dedication, petition/intercession, confession/forgiveness, protection, and benediction) and create a list of prayer items under one or more of the categories. Pray together.
6. What is one thing you could do to incorporate more prayer into your daily rhythm?

¹ Beebe, G. D., Ph.D. (n.d.). *How Faith and Prayer Benefit the Brain*. Westmont. Retrieved November 11, 2023, from <https://www.westmont.edu/how-faith-and-prayer-benefit-brain>

² Spector, N. (2017, October 10). *This is your brain on prayer and meditation*. Retrieved November 11, 2023, from <https://www.nbcnews.com/better/health/your-brain-prayer-meditation-ncna812376>