

**Discussion Guide: June 30, 2024**

**Kyle Dwyer**

**Message: *Pouring Out Our Hearts to God***

**Series: *The Heart Behind It***

**PRIMARY PASSAGES:**

**Psalm 62:8:** *Trust in Him at all times, you people; pour out your hearts before Him. God is our refuge.*

**Psalm 34:1-3:** *I will bless the LORD at all times; His praise will always be on my lips. I will boast in the LORD; the humble will hear and be glad. Proclaim the LORD's greatness with me; let us exalt His name together.*

**Psalm 32:5:** *Then I acknowledged my sin to You and did not conceal my iniquity. I said, "I will confess my transgressions to the LORD," and You forgave the guilt of my sin.*

**Philippians 4:6-7:** *Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.*

**MESSAGE HIGHLIGHT:**

- Prayer is pouring out our hearts to God, opening up ourselves and pouring out our souls before God.
- We do this through Adoration, Confession, Thanksgiving, and Supplication (ACTS).
- The greatest motivation for our prayers is what Christ has done for us. Prayer is the greatest source of joy for us as followers of Jesus.

**DISCUSSION QUESTIONS**

1. Kyle defined prayer from Psalm 62:8 as "pouring out our hearts to God." How does that definition challenge how you've seen prayer in the past? How does it encourage and challenge you to pray?
2. Scripture does not set a time for how much we should pray; rather, it describes elements that we should pursue in light of our relationship with Jesus. What does prayer look like for you in terms of time, practice and frequency?
3. Jesus points us to the reality that God, our heavenly Father, is the root of all our hope in prayer. How does your new identity in Christ as a child of God change the way you pray?
4. Prayer is where we experience joy the most in our walk with Jesus. How can you be motivated by joy to seek God more as you pour out your heart to Him?

**Prayer together:**

Take some time to pour out your hearts to God through the ACTS, as a group or in pairs.

Adoration

Confession

Thanksgiving

Supplication