



GROUP GUIDE – BREAKING THE CEILING - Wk 4 – Prayer FAQ

ARRIVAL / CONNECTING and SNACK: (15 minutes) Spend time catching up and socializing with one another. Follow up on prayer requests and any action steps from your last time together.

SHORT OPENING PRAYER FOR YOUR TIME TOGETHER: (2 minutes)

DISCUSSION: (50 minutes)

1. When do you find time to pray? In the morning? In the evening? Throughout the day? How has your prayer time changed throughout your time following Jesus?
2. Do you find it easy or difficult to pray for extended periods of time?
3. Have you ever tried writing your prayers as letters to God? What other tools have you found to help you in prayer?
4. Ephesians 6:18 says, “And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.”
 - a. What kinds of prayers and requests do you find yourself bringing to God in prayer?
 - b. Paul challenges us to, “keep on praying for all the Lord’s people.” Who are you praying for specifically in this season of life?
5. Joel gave us five tools to help us stay focused during prayer:
 - a. Writing prayers as letters.
 - b. Praying out loud.
 - c. Keeping a prayer list.
 - d. Praying the Word of God.
 - e. Using prayer books like *Valley of Vision* or *The Book of Common Prayer*.
6. Which of these tools have you used in the past? Which did you find helpful? Would you be willing to try one of the others? If so, which one?
7. Do you close your eyes, bow your head, or pray on your knees? Which of these do you find helpful or unhelpful and why?
8. Do you struggle or feel awkward praying in groups or in public? If so, why do you think that is?
9. What is satisfying about your prayer life? What is dissatisfying?
10. What very practical steps might you take to increase your attention to prayer?
11. What step are you willing to take this week to develop greater depth in your prayer life?

CLOSING PRAYER: (10 minutes) Spend time praying for and encouraging one another.