

**Rooted!**  
**Praying for Help! II Kings 19**  
**January 13 & 17, 2021**

Getting Started: (Choose one or two questions to begin your time together.)

- Fear and Prayer:
  - When you were a kid, what was something that really scared you?
  - Was there anything your parents or guardian did to help with your fear?
  - Did you ever try praying about that thing that made you most afraid?
  - When you were a kid, what was your favorite prayer?

OR ...

- ROOTED teaches us 7 Rhythms for the Christian life, beginning with Prayer. Let's talk about rhythms and spiritual disciplines:
  - How do we see rhythms in the natural world? (seasons, temperatures, life-cycles, plant growth, dying into growing, etc.)
  - How did God design us to live our lives in rhythms? (stages of life, sleep cycles, hunger cycles, work/rest, etc.)
  - In what ways do you consider yourself a disciplined person? Where do you sometimes lack discipline?

**SCRIPTURE READING:** II Kings 19: 14-19. (Hezekiah's Prayer)  
(Have a volunteer read aloud. Warning ... the names may be a bit challenging.)

**Section One: Scripture Reflections, A Look at the Circumstances ...**

Summary: After taunting and threatening Israel, the Assyrians sent a letter by messenger to Hezekiah, King of Israel, which basically said "we are coming after the Kingdom of Judah. You should be very afraid!" It was a credible, realistic threat and King Hezekiah had every reason to be afraid, based on the reputation of the Assyrian army.

- What thoughts and emotions did this story stir in you? (Ex: Fear, anger, hope of retaliation from the Israelites, etc.)
- Think about a time when the circumstances you were facing seemed insurmountable. How did you respond?
- How did your response influence your relationship with your Heavenly Father?
- What did you learn about GOD through that situation?

## **Section Two: Thinking about our response ...**

King Hezekiah is at a real crisis point. Basically, he is confronted with two choices — either run **away** from GOD and beg for mercy from the Assyrians, or run **to** GOD through prayer and worship.

- Can you think of a time when your “back was against the wall” and you didn’t have anywhere else to turn but to GOD? What was that experience like for you?
- When you face challenges that seem impossible, do you have a PLACE where you go to pray? What makes that “place” special?
- Pastor Cam said that situation-changing prayer begins with PRAISE. Do you find that natural for you, or is it challenging? (Ask the group to share ideas about how they PRAISE GOD in prayer.)
- Share an example of a situation-changing prayer that you offered to GOD that was strikingly simple.

## **Suggested Spiritual Practices for this week — BE with Jesus, BECOME like Jesus, DO what Jesus did!**

- Prayer. Write out a prayer using the P-R-A-Y method. Make sure to leave enough time at the end to sit quietly and listen to God. (PRAY ... Praise, Repent, Ask, and Yield.)
- Daily Reading and Prayer. This week join our Church family for the 21 Days of Prayer. You can find the information on the CCC app. In addition to a short version of the reading plan, you can also find a daily prayer guide to help us pray the daily Psalm. Notice there are Additional Resources available to help us with this series.
- Reach out! Try to identify your ONE and being praying for them as part of the 21 Days of Prayer focus. Invite them into a conversation and really listen to their concerns and questions.