

Small Group Guide: Prayer and Spiritual Nourishment

August 16, 2025

Opening Question:

How would you describe your current prayer life? What aspects do you find most challenging or rewarding?

Key Takeaways:

1. God tests us to reveal what's in our hearts and to help us grow in faith.
2. We need both physical and spiritual nourishment, with spiritual food being paramount.
3. Yeshua is the "bread of life" that sustains us eternally.
4. Effective prayer involves dedicating time, remembering God's past faithfulness, and considering His reputation.

Discussion Questions:

1. The message mentions that "two things can be true at the same time." How have you experienced this complexity in your faith journey?
2. Reflect on a time when you felt "tested" in your faith. How did that experience impact your relationship with God?
3. The Israelites received manna daily and couldn't store it. How might this principle apply to our spiritual lives today? Is anything going unused and becoming wormy?
4. How do you balance focusing on physical needs versus spiritual nourishment in your life?

5. Moses spent 40 days and nights in prayer. What can we learn from his example about persistence and dedication in prayer?
6. The message emphasizes remembering God's past faithfulness when we pray. How might this practice change the way you approach prayer?
7. How can we be more mindful of God's reputation in the way we live and pray?

Practical Applications:

1. This week, set aside a specific time each day for focused prayer. Start with 10-15 minutes if you're not used to longer prayer times.
2. Keep a prayer journal. Write down your requests and God's responses, noting how this impacts your relationship with Him.
3. Practice "listening prayer" by spending half of your prayer time in silence, allowing God to speak to you.
4. Choose a Bible verse about God's faithfulness. Meditate on it daily and incorporate it into your prayers.
5. Before praying for someone, take a moment to consider their unique identity and relationship with God, as Moses did for the Israelites.

Closing Reflection:

How can you incorporate what you've learned about prayer and spiritual nourishment into your daily walk with God this week?