

Spiritual Gym – Prayer

LIFE GROUP QUESTIONS



Key Verse: 1 Timothy 4:6-9 (Please read as a group.)

1. In your own words please describe what Paul is communicating in 1 Timothy 4:7 when he states: “Train yourself to be Godly.”

2. Colossians 4:2 says “Devote yourselves to prayer.” Would you say that your life is devoted to prayer? Why or why not? Also how often do you pray?

3. Knowing that prayer is a dialogue and that we should be listening 80% of the time, how well do you listen during your times of prayer?

4. What are you praying about right now in your life that this Life Group can stand with you in prayer?
