

# Life Group Guide

December 11-17

## **Prep:**

Please make sure to review the material in the guide so you are prepared for the conversation in your Life Group.

## **Welcome:**

Take a few minutes to reconnect with them after a month break. Ask about how their holiday season went.

## **Video:**

Show the video. It is about 3 minutes long. It will set up the conversation on prayer.

## **Scripture:**

### **1. Psalm 3:1-7a**

*Lord, how many are my foes! How many rise up against me! Many are saying of me, "God will not deliver him." But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. I lie down and sleep; I wake again, because the Lord sustains me. I will not fear though tens of thousands assail me on every side. Arise, Lord! Deliver me, my God!*

### **2. Psalm 42:1,5**

*As the deer pants for streams of water, so my soul pants for you, my God. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.*

### **3. Psalm 145:1-16**

*I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever.*

*Great is the Lord and most worthy of praise; his greatness no one can fathom. One generation commends your works to another; they tell of your mighty acts. They speak of the glorious splendor of your majesty — and I will meditate on your wonderful works. They tell of the power of your awesome works — and I will proclaim your great deeds. They celebrate your abundant goodness and joyfully sing of your righteousness.*

*The Lord is gracious and compassionate, slow to anger and rich in love.*

*The Lord is good to all; he has compassion on all he has made. All your works praise you, Lord; your faithful people extol you. They tell of the glory of your kingdom and speak of your might, so that all people may know of your mighty acts and the glorious splendor of your kingdom. Your kingdom is an everlasting kingdom, and your dominion endures through all generations.*

*The Lord is trustworthy in all he promises and faithful in all he does. The Lord upholds all who fall and lifts up all who are bowed down. The eyes of all look to you, and you give them their food at the proper time. You open your hand and satisfy the desires of every living thing.*

### **Questions for Discussion:**

(Choose your favorites ahead of time that you think will benefit your group the most)

**Question:** Which of the 3 Psalms we read to tonight do you connect to more?

**Question:** What is your biggest hurdle or struggle in praying consistently?

**Question:** Jonathan shared that in order to have a more profitable prayer time we need increased solitude and increased time in Scripture. What do you hope to grow in in this coming season to have a better prayer life?

**Question:** In Psalm 42, the author appears so emotionally and spiritually drained and down, yet is able to still say “I will yet praise Him”. How and why do you think this is?

**Question:** Psalm 145 lists a plethora of reasons to thank God. What stands out to you about the goodness of God?

**Question:** Why do you pray?

**Question:** When was a time you experienced where God heard your prayer or responded to your prayer?

**Question:** You may feel like you pray a lot more fervently and consistently when a crisis or tragedy comes around. Why do you think this is? How can we become people who are “never stop praying” like Paul writes in 1 Thessalonians 5:17?

### **Additional Resource!**

- We also have created a prayer guide for your group to pray the Psalms in the next two weeks. Encourage your group to read the Psalms, pray the psalms, or take the theme of the Psalm and pray that theme for the day.

### **Close in Prayer**