

LIFE GROUP GUIDE: WORK WEEK of February 4-10, 2018

PREPARE:

Before your group arrives, make sure you take a few minutes to review the Life Group video and the Life Group Guide.

- Remember, the best life group leaders have questions highlighted and a direction for where they are taking people for the discussion for the evening. The less you can look to the guide for conversation, the better.
- Test your video display option to make sure it is working before your Life Group members arrive.
- Pray for a powerful gathering just before members show up.

WELCOME:

Take a few minutes to welcome Life Group members.

VIDEO:

Watch the video together. Pastor Jonathan will be setting up the discussion on Prayer.

SCRIPTURE:

Read 3 passages from the Psalms on prayer together. You don't have to use the version listed below.

Psalm 3 (NIV)

A psalm of David. When he fled from his son Absalom.

¹ Lord, how many are my foes!

How many rise up against me!

² Many are saying of me,

“God will not deliver him.”

³ But you, Lord, are a shield around me,

my glory, the One who lifts my head high.

⁴ I call out to the Lord,

and he answers me from his holy mountain.

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- ⁵ I lie down and sleep;
I wake again, because the Lord sustains me.
- ⁶ I will not fear though tens of thousands
assail me on every side.
- ⁷ Arise, Lord!
Deliver me, my God!
Strike all my enemies on the jaw;
break the teeth of the wicked.

Psalm 84:10-12 (NLT)

- ¹⁰ A single day in your courts
is better than a thousand anywhere else!
I would rather be a gatekeeper in the house of my God
than live the good life in the homes of the wicked.
- ¹¹ For the Lord God is our sun and our shield.
He gives us grace and glory.
The Lord will withhold no good thing
from those who do what is right.
- ¹² O Lord of Heaven's Armies,
what joy for those who trust in you.

Psalm 63 (NIV)

A psalm of David. When he was in the Desert of Judah.

- ¹ You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.
- ² I have seen you in the sanctuary
and beheld your power and your glory.
- ³ Because your love is better than life,
my lips will glorify you.
- ⁴ I will praise you as long as I live,

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and in your name I will lift up my hands.

⁵ I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.

⁶ On my bed I remember you;
I think of you through the watches of the night.

⁷ Because you are my help,
I sing in the shadow of your wings.

⁸ I cling to you;
your right hand upholds me.

REFLECTION:

Provide a couple of minutes for quiet reflection on the passage, so your Life Group members can collect their thoughts and questions.

QUESTIONS/OBSERVATIONS/SCRIPTURES:

- Which of these passages connected most to you and why?
- What's hardest for you in expressing the range of emotions (joy, sorrow, anger, etc.) to God?
- What would you tell someone who struggled to be honest with God?
- What is your favorite part of prayer?
- What is hardest for you about prayer?
 - What do you struggle with most when it comes to prayer?
- What have you often wondered about when it comes to prayer?
 - Note: Share with the group that every question doesn't HAVE to be answered. It's ok to say as a group "I don't know". It doesn't mean it isn't a good question – but we do a disservice when

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we try to answer questions that don't have clear answers.

- Why do people struggle to consistently pray?
- Have you ever had a prayer answered?
- Psalm 84:12 says "what joy for those who trust in you." How have you experienced joy when you have trusted God in the past?
- Psalm 3 uses some intense language. It seems to come from a place of frustration, anger, and even desperation. Would you feel comfortable praying this way? Why or why not?

PRAYER:

Pray together.

RESOURCE:

If someone is looking for further thoughts on this topic, recommend they look at Tim Keller's "Prayer" book.

**THANK YOU FOR SERVING IN THIS ROLE!
WE APPRECIATE YOU!**