



THE SCHOOL OF PRAYER: Praying to Exalt God

Pastor Brian Lusky

May 2, 2021

Life Group Discussion

Encouragement:

Share a favorite Psalm or worship song with the group and briefly explain how it leads you to worship God. Then, allow them to share some of their favorites. (Possibly let them know before the group meets so they can be prepared. Sing one together if you have time!)

Scripture:

Choose a Psalm and read it out loud together. [Suggestions: [Psalm 8](#), [65](#), [146](#). Or use Moses' and Miriam's songs of praise following the exodus- [Exodus 15](#)]

- What do you learn about the character of God from this Psalm? [Remember, exalting God is praising Him for who He is and what He has done.]
- Choose one of those character qualities and identify an area of your life where you have experienced this part of God in your life or where you need more of Him right now.
- The Psalms teach us so much about prayer and praise. Ask everyone in the group to write a brief prayer of praise based on one of the character qualities, starting with "God, you are ____..."
- Ask one or two group members to share their prayers of praise.

Prayer:

Choose 1 of the following for your prayer time.

- Select a worship song that is *vertical* (sings to God about who He is) and invite everyone to worship Him together. This can be awkward, but remember, the psalms were songs and were used in corporate worship. Encourage participants to sing, to close their eyes, to write a prayer of praise, or to practice a posture of prayer/praise (arms raised, knees bowed, head to the floor).
- Use the School of Prayer book and find the appendix page with the list of Names of God. Ask each member to choose a Name and then allow for a few minutes for them to prepare (think and/or write) a short prayer that exalts God. Invite everyone in the group to pray their prayer out loud.

Next Steps:

Encourage the group to use the School of Prayer book every day through the series. For additional encouragement and content, use the Grace Weekly and My Chair podcasts and visit www.whoisgrace.com/prayer.



THE SCHOOL OF PRAYER: Persistent in Prayer

Pastor Derek Sanford

May 9, 2021

Life Group Discussion

Encouragement:

What is something you have prayed about persistently over time (even if it hasn't been consistent)?
How have you seen God working in that thing?

Scripture:

Read [Luke 11:1-4](#).

- What are the different elements in the Lord's prayer? Why do you think Jesus put them in this order?
- How have you seen the Lord's character in providing for your needs (daily bread, forgiveness of sins, and salvation from temptation)?

Read [Philippians 4:5-7](#).

- What role does thanksgiving play in lessening anxiety and experiencing the peace of God?
- How does this passage connect with the ACTS prayer model?

Prayer:

Practice the ACTS method of prayer as a group: (A)doring God for who He is and what you love about Him. (C)onfess your sins to Him and receive His forgiveness. (T)hank God for His provision and care. (S)upplication - pray for the needs in your life and the lives of those closest to you.

- A- Use one sentence prayers to highlight God's character. "Lord, you are..."
- C- As a group, prayerfully confess the sins that we all commit as it relates to prayer.
- T- Take turns thanking God for the ways He has provided your daily needs (pray about one need at a time).
- S- Each person prays for their specific requests out loud with the group.

Next Steps:

Continue to practice the methods of prayer daily with the guide. Share with others in the group when you have set aside each day to pray for accountability. Consider breaking into prayer partners the rest of the month to further strengthen accountability and to learn from one another.

*Leader, there are more prayer resources found at www.whoisgrace.com/prayer



THE SCHOOL OF PRAYER: Praying to Listen

Pastor Scott Michel

May 16, 2021

Life Group Discussion

***Prepare for group by gathering paper/ pens so that members can practice recording their reflections.**

Encouragement: God speaks to us in many different ways. Invite group members to share examples of how they have heard from God recently. (Ex: words or actions of a friend, a song, observing nature, reading a specific scripture passage, time of solitude and prayer...)

This week's sermon challenged us to identify things that distract us from listening to God. What kinds of things came to mind? What are some simple ways that we can remove or overcome these things?

Scripture/Prayer: [Isaiah 55](#)

Engaging with scripture as the *living* word of God is an excellent way to focus our attention and listen for His voice. The traditional practice of Lectio Divina (Latin for "Divine Reading") suggests a format and rhythm to help us read a passage through slowly, multiple times, and allowing God to speak through it.

- Invite group members to grab paper/pen and settle their thoughts. Sit comfortably and take a few slow, deep breaths. Begin with a simple prayer inviting the Spirit to speak.
- Read Isaiah 55 out loud. Be sure to take it slowly and pause at paragraph breaks. When you reach the end of the chapter, ask members to identify a word or phrase that seemed to stick out to them and write it down. Allow 1-2 minutes of silence for everyone to pray quietly and reflect.
- Read Isaiah 55 out loud a second time. As you read it this time, ask members to consider how that word or phrase relates to his/her life or speaks to him/her. Allow 1-2 minutes of silence for everyone to pray quietly, listen for God's insight and write down a few reflections.
- Read Isaiah 55 out loud a third time. As you read, ask members to seek God's guidance on what type of response this word or phrase may be prompting in them. Allow 2-3 minutes of silence for everyone to pray quietly, listen and journal.
- Invite group members to share briefly any insights or thoughts about this experience.
- Close your time together with prayers of thanksgiving and praise for God's faithfulness.

Next Steps: Try engaging with another passage of scripture in this way during your quiet time this week.



THE SCHOOL OF PRAYER: Praying For People

Pastor Derek Sanford

May 23, 2021

Life Group Discussion

Encouragement:

Share about a time when someone prayed for you. How did it make you feel and what results came from those prayers?

Scripture: [Ephesians 1:16-20](#); [Ephesians 3:14-19](#); [Ephesians 6:19](#); [Philippians 1:9-11](#)

--When we pray for people we often pray for safety, success, or comfort. While it's fine to pray for those things, Paul prayed more for spiritual growth for others. List some of the things Paul prays for in these verses. Practice praying for these characteristics for another person in your group. (This can be done silently or spoken aloud.) One easy way to do this would be to simply read one of these verses and put another person's name in it. For example, using Ephesians 6:19 you could pray, "*Lord, I pray that words may be given to Derek in opening his mouth boldly to proclaim the mystery of the gospel.*"

--Written prayers can be very meaningful and a great source of encouragement for others. Right now practice writing out a prayer for someone. The words don't matter as much as the thought behind them but, again, you can use Scripture verses and insert the person's name. When sent as an email or a text these prayers can be read over and over again by the person receiving them and be an ongoing encouragement so send that prayer now as an email or text.

--Discuss ways you can be more intentional about praying for others throughout your day. How could you pray for someone right on the spot when they express a need or a joy (testing, transition, or triumph)?

Prayer:

Take a few minutes to pray silently for those in your group. First pray for the person on your right and then pray for the person on your left. Pray for them in some of the ways Paul prayed for his friends.

Next Steps:

--Determine to pray for five people outside of your family/friend group as you meet them throughout each day. Plan a way for your group to hold each other accountable for this.

--Think of someone who has prayed for you and send them a note or text of thanks.