



#### **VIDEO NOTES**

Communication is the lifeblood of relationships. Prayer—your opportunity to communicate with God—is essential to having a close relationship with him.

How you view the purpose of prayer can influence how you view God.

#### THREE TRUTHS ABOUT GOD

God is constantly available.
He is always inviting you into conversation with him.

2. God is **actively engaged**.

He is continually aware of you. He loves you. And he is always present and actively communicating with you.

3. God is all-knowing and loving.

More than any friend you have, God knows you-all of you (good and bad).

The purpose of prayer is to grow our relationship with the Lord and help us believe in our hearts that we can trust him no matter what.

# HOW SHOULD WE RESPOND TO WHAT IS TRUE ABOUT GOD?

God's Attribute	Our Response
Constantly available	Pray often
Actively engaged	Pray freely
All-knowing and loving	Be authentic



### **DISCUSSION QUESTIONS**

If you're in a group, use these questions to have a conversation about how you can support and encourage one another to explore new approaches to prayer. If you're not in a group, reflect on these questions to help you conisder what it would look like for you to connect with God through prayer.

1.	Before watching the video, how would you have defined the purpose of prayer?
2.	How big an influence on your faith has prayer been up to this point?
3.	What are some reasons it's difficult for people to maintain the habit of prayer over a long period of time?
4.	What are some reasons people pray (write down some ideas in the space below)? Which of those reasons most applies to you?

# 5. What do you think is the most compelling reason we should pray?

### **START PRAYING**

Whether you're exploring prayer on your own or in a group, use the resources at **groupleaders.org/prayer** to try a new approach to praying.

If you're in a group, consider doing the Prayer Dashboard together at your next meeting. The insight it provides into how you currently pray may give you some ideas about new approaches you may try. You will find the prayer dashboard at: **groupleaders.org/prayerdashboard** 

## THIS WEEK, THINK ABOUT . . .

As you begin a new approach to praying, be patient. It may take a little time for you to find your groove. Keep at it. On the other hand, if you persist for a couple of weeks and the approach you've chosen just doesn't work for you, switch things up. You will be able to find a way of praying that helps you connect with God.