

# 1 Thessalonians 5:16-18 Discussion Questions

## Discussion Supplement to January 22-23, 2022 Sermon

- 1) If you've been following the discussion questions over the past couple weeks, your group may have been experimenting with some new/renewed prayer practices (i.e. group prayer, praying the Psalms, some new personal rhythms, participating in 21 Days of Prayer). Take some time to share with one another how those practices are going.
- 2) In this text, Paul assumes (in fact he says that is God's will!) that Christians have an ongoing, conversational relationship with their Lord.
  - a. To what degree do the members of your group feel like that is their experience?
  - b. Paul mentions 3 types of prayer
    - i. Celebrating (Joy!)
    - ii. Praying (requesting)
    - iii. Thanksgiving.

Which of the those 3 do you find easiest? Most difficult? Why?

- 3) This week, Jason drew attention to some prayer practices that some Christians have used for 100's of years as well as some newer ones
  - a. TCMG
  - b. Pre-emptive Prayer Strikes
  - c. [The Breastplate of St. Patrick](#)
  - d. Breath Prayers
  - e. [The Prayer of Examen](#)

Did any of these strike a chord with you? Did any of them seem strange or foreign to you? What might some of the advantages be to using a specific "practice" of prayer or even "set prayers" which are written-out for you in advance? What dangers might we need to guard against if we use such tools?

- 4) Make a plan for how you are going to pray as a group/as individuals this week and agree to report back next week. We invite your group to join us at the church for our final Prayer Gathering on January 30, 2022 at 6:30 p.m. in the sanctuary.