

“A Life of Prayer”

Psalm 46

Opening Question(s) – Choose one

- When & how did you first learn to pray? Was it helpful or not?
- If someone came to you (like the disciples came to Jesus in Luke 11:1) and said, “teach us to pray”, what would you say or do?

Discussion Questions

1. What do you think about the definition of prayer used in the sermon*? What do you like about it? What would you change?
* *“Prayer is the communication at the heart of a growing love relationship with God, and its purpose is to transform us into the image of Jesus.”*
2. In what ways do you think your communication with God has changed as you have gotten older? What circumstances in your life have been a factor in that change?
3. Have you seen a change in how you pray as you have grown in your relationship with Jesus? If you are a relatively new Christian, what is the way you think your conversation with God might change over time?
4. What is one habit or rhythm you have found helpful in your prayer life?
5. Do you have a favourite psalm? Why is this a favourite? Share any story or circumstances you might remember to illustrate your point.
6. Do a contemplative reading of **Psalm 46**:
 1. **Read Psalm 46 out loud.** Before you do, ask everyone to notice what word or phrase catches their attention or seems to jump out to them. After some silence, invite people who are willing to share the word or phrase. No need to explain.
 2. **Read Psalm 46 again.** Spend some time pondering silently, “God, what do you want me to do with this word?”. Invite people to share as they are willing.