Series: Frequency Message: Easy Conversations

March 6, 2016

Recap:

Remove Static

- 1. Discover the "center line" of Peace. Colossians 3:15
- 2. Identify the static or sin then Repent, Rebuke, Replace, Receive. Psalm 26:2; 139:23-4.
- 3. Peace, Personal intimacy, Clarity, Original design.

Prayer is a <u>Conversation</u>: it is not a formula or performance to get what you want. Matthew 6:5-13

Getting connected: Abide, Sit, Silence. John 15:1-11, Ephesians 2:6-10

Active listening: Meditation on God's word.

Easy conversations require: Philippians 3:7-11, 4:4-6; James 4:7

- o Quality time
- o Quantity time
- o Challenge interruptions
- Talk about everything
- Show gratitude in all things

Life Group Study

For week of March 6, 2016

Many of our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus and His church by joining one today! www.seekreallife.com/groups

My Connection

Was there something that caught your attention, challenged, or confused you from Sunday's message? If so, share...

Over the last five weeks we've learned about listening and talking with God. What are you beginning to put into practice or would like to start to put into practice about prayer from our study together?

Digging In

In Luke 11, one of Jesus' disciples asked him to teach them to pray. Jesus then gave a brief prayer as an example. The Bible is full of conversations with God that we can use as examples to help us grow in prayer.

Read Nehemiah 1:4-10.

Nehemiah's prayer is beautifully structured and can be another way to approach God in our prayers. Read this prayer again and try writing a similar prayer next to these headings in your own words.

Adoration (v. 5):

Opening Petition (v. 6a):

Confession (vv. 6b-7):

A petition for the community (vv. 8-10):

A personal request (v. 11):

When you are deeply sad or frustrated over a difficult situation, how do you begin your prayers to the Lord?

Notes

What do you learn about talking with God from Nehemiah's prayer?

Read Luke 18:9-14.

Pharisees were a religious group in the Jewish community who tried their hardest to obey the laws given by Moses and the other religious laws constructed since Moses. Many of them opposed Jesus and society looked favorably upon them.

Tax Collectors were despised in society at this time. All too often they took more than required from the people so they could live extravagantly.

What can you learn about prayer from this story Jesus told?

Have you ever found yourself praying similarly to the Pharisee?

Have you ever had God correct your prayer and help you see that you are approaching him with arrogance or pride? How did you respond?

Read Romans 11:33-36. What can you learn about God from Paul's prayer?

This prayer is different than others we've read so far. Paul brings you along by how he writes so that you're praying along with him.

What perspective can you gain about your life by praying a prayer like this?