



NAC-USA
DEVELOPMENT
INSTITUTE

What is
Prayer?

Individual
Prayer

Corporate
Prayer

MIDWEEK GUIDE

2019

July

Facilitators: Please remember to report your small group attendance to the appropriate person in your congregation. Thank you!

2019 July MIDWEEK GUIDE

Session 1: What is Prayer?

1. If God is all-knowing and ever-present, why do we need to share our thoughts with Him?

2. The Catechism says, “In prayer, the believer experiences: God is present, God hears, and God answers.” How would you explain this statement to someone who has never really prayed before? Consider questions they might ask in response to this statement (i.e. what if I don’t get an answer to my prayer?).

3. Do you think that prayer is a necessary spiritual discipline, or is it just something that is helpful in our life of faith? If it’s necessary, why?

4. Does every prayer need to contain the elements explained in the video (worship, thanks, intercession, and petition)? Why or why not?

5. The video explained that sometimes prayers can feel like we're just "going through the motions," for instance, the prayer before a meal. What can you do to ensure your prayers don't become routine?

6. Jude 20 and 21 instructs us to pray with the guidance of the Holy Spirit. What does this mean? How do you know if you're praying with the guidance of the Holy Spirit? What is evidence or an indication of praying without the guidance of the Holy Spirit?

7. How have your prayers matured over your journey of faith? The content? The duration? Your posture?

8. Find a verse on prayer and expound on it with your group.

References

CNAC 13.1
Psalm 95:6
Psalm 106:1

Numbers 21:7
Psalm 51:10-12
John 13:34

John 12:27-28
Jude 20-21
Matthew 27:46

Session 2: Individual Prayer

1. What does an ideal individual prayer life look like?

2. Why is solitude important when it comes to our personal prayers?

3. Read Matthew 6:6. What do you think Christ means when He says, *and your Father who sees in secret will reward you openly*?

4. The video said, “Our prayer life testifies of our priorities.” Discuss what this means.

5. The video said that we can understand prayer to be an ongoing conversation with God throughout the whole day. What do you think about this idea? What does it mean? Is it realistic to pray to God all day long, in light of the verse in 1 Thessalonians 5 to *pray without ceasing*?

6. How can you utilize Scripture to assist you in your prayer life?

7. In a culture that promotes multi-tasking and staying busy, what have you done in order to ensure you make time to pray?

8. Describe a time when you just didn't feel like praying. What was the situation that led to that? What was the outcome?

References

Matthew 6:6
Romans 12:12
Philippians 4:6

James 4:10
CNAC 13.1.5
Psalm 34:1

Luke 18:1
1 Thessalonians 5:17

Session 3: Corporate Prayer

1. Discuss with your group the differences between private, corporate, and communal prayer.

2. What does it mean to “actively listen” in corporate prayer?

3. Take a moment to pray the Lord’s Prayer together. Afterwards, discuss what it was like to pray these words together. What did each one feel? Is there a difference between saying these words with other people versus taking part in corporate prayer where you are active listener? Why do you think the Lord’s Prayer is a communal prayer?

4. It’s mentioned in the video that we can pray the words of the Lord’s Prayer, or other prayers in the Bible, when we pray throughout the day. What might compel us to pray the Lord’s Prayer outside of a divine service? What’s an example of another prayer from the Bible that could be prayed?

5. Discuss the significance of the one who leads a group in public prayer, whether it be in a service or small group. What would be important for you to keep in mind if you were the one leading the prayer?

6. How did you learn to pray? Share with the group someone that was influential in teaching you how to pray.

Bible References

Genesis 4:26

Matthew 6:9-13

Small Group Theme for August: The Sermon on the Mount