

May 10, 2020 | A Call For Help – Week 2
Group Discussion Questions

GROUP PREP

In preparation for group, read [Matthew 6:9-13](#) and [watch Emmanuel's weekend service message](#), then answer the following discussion questions.

INTRODUCTION

In prayer, there is “a time to be silent and a time to speak.” If we want to get better at hearing the One who speaks in “a still small voice,” we must befriend silence. If we are to host the presence of the One who says, “Be still and know that I am God,” we must ourselves become more present. Therefore, the best way to start praying is actually to stop praying – to pause.
excerpt from *How to Pray: a Simple Guide for Normal People* by Pete Greig

DISCUSSION QUESTIONS

1. Take a moment to evaluate your prayer life. Describe your prayer life this past week by sharing where, when, how, and for what you have been praying.

It is important to stop talking at God long enough to focus on the wonder of who He is. Read [Mark 1:35](#) and [Luke 5:16](#). Why do you think Jesus went to a solitary place early in the morning?

Read [Psalm 37:7](#). What needs to happen before we ever open our mouths to pray? Do you have any practices or rituals that help prepare you to experience connection with God?

2. Pausing helps us to quiet the noise, let go of control, and shed the false self.

What “noise” (distractions, needy people, worries, to do’s, etc.) keeps you from experiencing a dynamic prayer life?

Read [John 3:27-30](#). John the Baptist coaches the early Christians to guard against control because he knew we would all struggle with having a messiah complex, which is playing the role of God in our lives. Where do you struggle with desiring control, and how would pausing help you let go?

What is the false self? Summon all the transparency you can, then try describing your false self.

Read [Colossians 3:1-4](#). What is the correlation between a dynamic prayer life and the ability to shed one’s false self?

3. *Prayer can easily become a frenetic extension of the manic way we live too much of our life. Distracted and driven, we step into the courts of the King without modulation, without*

introduction, without slowing our pace or lifting our face to meet his gaze. True prayer is not so much something we say, nor is it something we do: It is something we become.

excerpt from *How To Pray: a Simple Guide for Normal People* by Pete Greig

How do we learn to appreciate, or even love, the pause?

ACTION STEP

4. Will you choose a time and a place to pause? Tell the group what this will look like for you this coming week.

Recommended Action Steps

1. **Pause.** Choose a time and a place to prepare your heart and mind for connection with God. Set an alarm and be consistent.
 2. **Create a prayer list.** On your mobile device, make a note and add items you can pray for to the list throughout the week. Give yourself a daily goal. [Echo](#) is a great prayer app.
 3. **Read a book.** Recommended reading for the series, [How To Pray: A Simple Guide For Normal People](#) by Pete Greig.
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OUTREACH: GROUPS IN ACTION

To determine how your group can serve together in our community, email Breanne Schafer at bschafer@eclife.org.

FILL IN THE BLANKS BELOW FOR THIS UPCOMING WEEK'S ACTION STEPS.

My action step is _____.

This coming week, I will encourage _____ to complete their action step.

Their action step is _____.

My memory verse is _____.

This coming week, I will pray for the group's following prayer requests:

_____	_____
_____	_____
_____	_____