

Nº 2

# Ingredients *for* Life

## Pray Continually

Rejoice always, pray continually,  
give thanks in all circumstances;  
for this is God's will for you  
in Christ Jesus.



For most of us, praying is hard enough, let alone all the time! The idea of talking and listening to God can be a bit overwhelming. How do we prioritize prayer in our busy lives? How does prayer make for a better life?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

## CONVERSATION STARTERS

- What's one thing you're looking forward to in the future?
- Share something new or a highlight from this past week.

## REVIEW

Open your Bibles and read from **1 Thessalonians 5:16-17**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

## **DISCUSSION QUESTIONS**

- How would you describe your prayer life? What does your prayer life look like?
- What does it mean for you to “pray continually”? Practically, what does that look like?
- Why is prayer important to you? How do we prioritize prayer in our busy lives?
- What should you do when you don’t feel like praying? How does prayer make for a better life?
- How do these verses apply to your life? What will you do about it?

## **PRAISE & PRAYER POINTS**

Share what God is doing in your life and spend some time praying for each other’s prayer requests.