

GO DEEPER

use these questions for further study

Share with the Group

Pastor Adam talked about breathing. Have you ever noticed your breathing or learned how to breathe correctly? When? How? Why? What changed afterwards?

Why do you think prayer is sometimes called the breath of the Church?

What's your prayer life like? Do you feel like you have a deep prayer life or does it sometimes feel shallow? Why?

Read 1Timothy 2:1-8

What is this passage teaching us?

What are the four types of prayer named in vs 1?

Why do you think Paul distinguishes between different types of prayer, isn't all prayer just prayer?

Consider It - Petition

Pastor Adam described petition as an urgent and desperate cry for help from God. Have you ever prayed like this? When?

What stands out to you about this kind of prayer? Why?

Does bringing your full raw emotions to God feel natural or unnatural? Safe or dangerous? Welcome or unwelcome? Why?

Why do people struggle to be honest with God in prayer?

Why do you think God welcomes this kind of prayer?

Read Psalm 143

What stands out to you from this Psalm about the way David prays to God? How can this Psalm help you learn to grow in practicing true petitionary prayer?

Practice It - The Jesus Prayer

Try regularly praying the Jesus prayer this week, especially when you're feeling stressed, overwhelmed, anxious, or when you've sinned and need to repent.

Lord Jesus Christ, Son of God, have mercy on me a poor sinner. Amen.

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