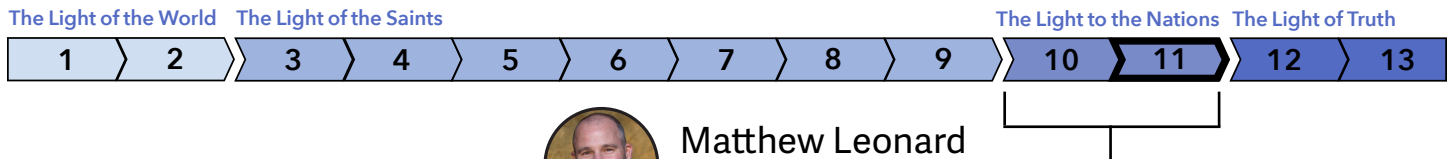


Fall Semester Timeline



Summary

Prayer is the foundation of the Christian life. At its core it is a surge of the heart and where we encounter God who is constantly seeking us. We are made to pray and be in relationship with God. However, a conversation of the heart is needed for authentic and personal prayer. There are many forms of prayer because how we talk to God changes depending on the situation we are in. There are three stages of prayer that are universal and they provide a framework for how the different forms of prayer (blessing, adoration, petition, intercession, thanksgiving, and praise) operate. These are vocal, meditative, and contemplative. As we ascend the ladder, or grow in our relationship with the Lord, the way that we pray changes. Prayer is where God's thirst for your soul meets your thirst for Him!

Small Group Goals

- Have an honest discussion about your prayer lives and if you often find yourself desiring to deepen and further it.
- Concretely name ways you can implement daily practices that will turn your heart toward God in a more meditative manner.

Discussion Questions

- Had you ever realized that you were literally made to pray and that even infused contemplation is available if you seek after it?
- Since we noted that meditation should start right away, how can you rearrange your life practically speaking in order to make meditative prayer a regular part of it?

Supplemental Questions

- What struck you most from the presentation?
- What are some patterns you recognize when attempting to pray or pay more attention to your prayer life?
- Where in the 3 Stages do you most realistically place yourself and why?