

Conversation Guide

Prayer pt. 2

Part 2 summary

- Certain people in our culture encourage us to practice a “mindfulness” that neutralizes our minds and empties them of thought.
- In contrast, Romans 12 says we are to renew our minds. The Lord's Prayer sets us up to align our hearts with God's before we ask Him for anything.
- We need to make time for God, practicing times of silence when we pray and not relying too much on how we feel.

1. Our Father

2. Realignment

3. Stomach & Soul

4. In Jesus' Name

Discussion questions

01 How does our culture make it difficult to slow down and be still?

02 Why is it important to remember who God is and what His priorities are before jumping right into our requests?

03 What do you think about the idea of Christian meditation or having times of silence when you pray? Do you think this habit would be a difficult one for you?

Diving deeper

Ps. 131:2 says, “But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.” The picture David gives us is one of a child who is totally at peace and untroubled. What are some practical ways you can make time to be still before the Lord? Even if you don't pray it word for word, how can you mimic the structure of the Lord's Prayer so that you focus on God's priorities before your own?