

# follow Prayer Intro 1: Small Group Guide

**Purpose:** This guide is designed to facilitate a small group discussion after watching the first **Follow Prayer** video, focusing on the common struggles with prayer, the examples set by Jesus, and the definition of prayer as relationship.

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## Welcome (5 minutes)

- **Icebreaker:**
  - Share a few words that come to mind when you think of prayer. What images, feelings, or experiences do you associate with prayer?
  - If everyone who has ever struggled with prayer were to raise their hand, what would this room look like? Share a time when you felt your prayer life was strong, and a time when it felt difficult or God seemed distant.
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## Discussion (25 minutes)

1. **Jesus' Example:** Jesus' life was marked by prayer at every major turning point (His baptism, before choosing the 12, in the busyness of ministry, in Gethsemane, and even on the cross). Which of these moments in Jesus' life most surprises or inspires you? Why was prayer so foundational to Him?
2. Why do you think prayer often feels like a "wrestle" or something we can easily fail at?
3. Dallas Willard says, "Prayer is simply talking to God about what we are doing together as friends." C.S. Lewis writes that prayer is not about "getting God to do our bidding," but about "coming into communion with Him."
  - a. How does thinking of prayer as "talking with a friend" or "communion" change your current approach to it?
  - b. What do you think of the idea that prayer is relational and formational?
4. Mark 1:29-39. Verse 35 says, "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."
  - a. How does Jesus' example challenge or inspire you?
5. Christian prayer is Trinitarian: We pray to the Father, through the Son, in the power of the Holy Spirit.
  - a. Why is it important for us to have the Trinity in mind when we pray?
6. Read Luke 15:11-24. Verse 20 says, "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him."
  - a. How does the image of the Father running to you shape your approach to prayer?
7. "Behold God beholding you and smiling." – Anthony De Mello
  - a. What does it mean to you that God desires a relationship with you?

## **Application and Closing (5 minutes)**

- If someone asked you tomorrow, "What is prayer?", how would your answer differ now compared to last week?

**Closing Prayer:** Invite someone to lead a prayer, or use this: "Jesus, thank You for the invitation to walk and talk with You as friends. Help us to see prayer not as a chore, but as the foundation of our life with You. Amen."