

Connect Group notes 31.3.25

We had the privilege of having Pete and Sammy Greig from 24/7 prayer with us on Sunday.

On Sun morning Pete shared with us about '*Simple prayer for normal people*' – see Mark 6:30-32.

Jesus often went away to quiet places to pray, and we were encouraged to consider how we do this in our busy day to day lives, in order to develop deeper intimacy with our Father God.

Pete gave us a helpful acronym for this;

P.R.A.Y

Pause

Rejoice

Ask

Yield (say Yes! To Jesus)

Discussion points

1. Pause – Read Psalm 46:10 - being still prepares our hearts and minds to be with and hear from God
 - What makes it hard to be still on a regular basis and be quiet before God?
 - Are there reasons we might avoid this?
 - What are some ways we can be still, and how can we work this in to the rhythm of our days?
 - Share as a group some of the ways we may already be doing this (Pete talked about setting a timer for a period of stillness each day, different seasons of life like parenthood perhaps require us to do this in innovative ways)

2. Rejoice – read Philippians 4:4
 - Why is rejoicing important to our prayer lives?

- How does it help bring perspective in life, and our attention towards God?
- What do we notice when we don't rejoice before asking of God?

3. Ask – this involves petition, intercession and perseverance (contending in prayer as Chris has talked about previously). Pete encouraged us to continue to ask God for the small things in our lives, and in this way we will see continual answers to prayer (rather than just praying for the 'big' things occasionally and not seeing any answers).

- What might prevent us from 'praying continually' for all the small day to day things?
- How might we commit to pray differently in light of this?
- Do we feel unsure of asking our Father God for things? What might contribute to this? (fear, previous disappointment, doubt, anger?)

4. Yield (saying Yes!)

Pete spoke about the reality of the pain of unanswered prayers and how there is a time to lament and grieve, but then a time for us to come to the place where we can say "not your will but mine be done".

- Pete talked about the paradox of unanswered prayer. How can we persevere in prayer when some of our prayers don't get answered?
- Do we believe that in spite of what we ask and don't receive, that God is good and sovereign?
- How do we support each other in the body of Christ through difficult times when prayers go unanswered?
- How can we continue walking with God in these challenging seasons? How comfortable do we feel telling him honestly about our rawest emotions, while still acknowledging his Lordship in our lives?

Pray and Apply

- Pete encouraged us to “keep it simple, keep it real, and keep it up”.

Ask God to show you an aspect of your prayer life this week that he wants you to start, or continue in, applying the above principle to this area.