

Connect Group Notes

10 August 2026

Jo began a new series on Prayer on Sunday. She introduced prayer, focusing on *morning prayer*.

Read Mark 1:29-38

Morning prayer isn't about perfection or long quiet times - it's simply turning toward God in one of our first moments of the day.

Jesus models this in Mark 1:35, slipping away "*while it was still dark*" to be with the Father before the demands of the day arrived. If Jesus needed to do this and chose to, how much more do we.

Morning prayer helps us remember *whose we are*, to hear *God's voice first*, and step into the day with *clarity rather than pressure*.

The message asks honestly: "*When do you actually, really pray?*" . Not when would you like to pray, or when did you wish you had – but when do you really?

1. Where did/does prayer naturally show up in your week - even in small or unexpected ways?

2. Eugene Peterson says "*prayer is answering speech... God has the first word.*" What helps you hear God's voice before the world tells you who to be?

3. Before Jesus healed, preached, or gathered crowds, the Father said: “*You are my beloved son...*” Which competing identities do you wake up to most often, and how might morning prayer recalibrate them?

Consider those things we do first thing, that potentially set a trajectory for our day – social media, news feeds etc.

4. When the disciples said, “*Everyone is looking for you,*” Jesus replied, “*Let us go somewhere else... That is why I have come.*” Where do you feel pulled by expectations, and how could prayer help you discern what is truly yours to do?

5. The sermon’s invitation: “*Take your first moment... turn your heart toward Jesus.*” What is one simple, realistic way you could begin your day with God this week - no perfection, just intention?

Think realistically about your current life season.. If you don’t have a habit of morning orientation toward God, what can you start, and if you already do practice this, how can you deepen it further?

Pray for each other..

That we would each respond to the invitation from the Holy Spirit to take the next step in our growth in prayer.