

Connect Group Notes

21 September 2026

Strahan Coleman - writer, spiritual director and teacher of prayer - spoke to us on Sunday.

He encouraged us to *Behold* Jesus. Beholding is the doorway into unceasing prayer, and unceasing prayer the doorway to union with God. It is us gazing lovingly into God, as he gazes lovingly back into us.

See 2 Corinthians 3:18

How do we this in our full and distracted lives – pray unceasingly?

BE with God daily

Focused, attentive prayer every day

See and know Christ in scripture

Sit silently receiving his love

Allow yourself to gaze upon him

- Is there one of these areas that we sense God is calling us deeper into?
- Is there any area that we find ourselves thinking “How would I do that?”
- What is it like when we sense God’s gaze upon us? Is it uncomfortable or comforting?
- Is there an area of our hearts that Jesus is knocking on the door of, that perhaps we have been hesitant to open to him?

Hold him in your heart throughout the day

Draw your mind back to him often

Always with love and affection

Keep a receiving disposition

- How can we create habitual moments during our day when we can draw our minds back to Jesus?
- Is it difficult for us to think of Jesus with love and affection? Do we know a lot 'about Him' but still struggle to really *know Him*?
- Have previous experiences made us weary of expecting to receive something from God?

Strahan commented on Sunday night, that we often feel like we are not very 'good' at prayer, but that this positions us perfectly to pray authentically. He encouraged us to go to Jesus in our weakest place, knowing that we are not enough, but that He is.

Pray for each other now, that we would step into that place of prayer where we know we are not enough, but that in beholding Jesus, we know that He is.