

Connect Group Notes

24 August 2026

This week we continue reflecting on our series *A People Who Pray*, focusing on what it means to stay connected to Jesus throughout the day. Sylvia reminded us that prayer is not just something we do at set times, but a relationship we cultivate moment by moment. Through brief pauses, simple prayers, and an awareness of God's presence in everyday life, we can learn to "make our life a prayer." As we discuss today's message, let's encourage one another in the journey of making communion with God the centre of our daily lives.

Discussion Questions

1. What was one thought, scripture, or quote from the message that particularly resonated with you? Why?
2. Sylvia spoke about "making your life a prayer" (1 Thessalonians 5:17). What do you think that looks like in practical terms in your current season of life?
3. What are some of the biggest obstacles that keep you from staying aware of God's presence during the day? How can you overcome them?
4. The message challenged us to consider: "What anchors your day right now?" What currently shapes the rhythm of your life, and how does that affect your relationship with God?
5. What is one simple practice you could begin this week to help you reconnect with Jesus during your ordinary daily activities?

Reflection and Application

Take a moment to quietly reflect and ask:

"Lord, what is one way You are inviting me to stay connected with You this week?"

