Small group notes: Jesus the pray-er.

Welcome:

To what extent are you refreshed by being with people and to what extent do you need time by yourself? Do you have a solitary place? What is it like?

Word:

1.What words come to mind when you think about prayer?? Try and be honest!!

2. Read the passage for today: Mark 1:32-38.

3.Why did Jesus get up early after an exhausting day in order to pray?

4. Jesus is immersed in prayer – how many different occasions can you bring to mind which mention Jesus praying? See for example: Mt 19:13, Luke 3:21, 6:12, 9:28, 22:32, John 17:1.

5. What does this tell you about how Jesus viewed prayer?

6. Jesus often prayed alone, in a solitary place (Mk 1:35, Mt 14:23, Luke 5:16) What is your experience of being still before God? Of listening before talking? How does that change your prayers?

7. What gets in the way of your prayer time? What are the barriers to praying like Jesus?

8. What encourages you to pray? What helps keep you going in prayer?

9. God is awesome and Almighty and at the same time Jesus encourages us to call Him Father- how can we hold both views of God?

Allow plenty of time to pray together after your study of God’s word.

Worship:

There is a beautiful prayer chant based on Be still and know that I am God which you could use: <https://www.youtube.com/watch?v=OGq9cJb4wyc>

Other ideas: <https://www.youtube.com/watch?v=-f4MUUMWMV4> - the goodness of God

<https://www.youtube.com/watch?v=sQmuxIzfJbI> -You’re a good good father