

**SESSION SEVEN: PERSONAL PRAYER**

10 minutes **Welcome/Opening Prayer:** Session Leader

20 minutes **Icebreaker**:

1. What way(s) did God reveal that He loves you this past week?
2. W concrete steps did you take to grow in your relationship with God the Father?
3. What does ‘prayer’ look like for you these days?
4. Think of your most intimate/one of your most intimate earthly relationship(s). How do you grow close to that person? How do you keep that relationship alive and thriving?

25 minutes **Session One Formation**: Talk on Personal Prayer

30 minutes **Small Group Discussion**

1. What struck you most from the talk today?
2. How do you answer the question ‘why pray?’ Is there anything you heard today that makes you consider approaching that question differently?
3. How well do you do receiving? What are some ways that might help you to receive more easily, especially from God the Father?
4. What is the biggest impediment for you to prayer?
5. How might sloth or distraction affect you?

10 minutes **Putting Into Practice**: (share with your group)

1. Explore one new resource or idea about prayer that piqued your interest today.
2. Reflect on what it would look like for your whole day to be offered as a prayer.

5 minutes **Small Group Prayer Intentions**

5 minutes **Closing Prayer**