



# FORMATION

## Formation: Pray Your Thoughts

**Date:** Sunday 7<sup>th</sup> April 2019

**Speakers:** Jeff Stamps and Aaron Smith

**Key Verses:** Matthew 6:6-13

### Talk Summary:

- Few people find prayer easy, but “prayer is our greatest weapon”
- Life is distracting and there are so many resources out there on prayer it can be confusing and overwhelming
- But Jesus is our example, how did he pray?

### Keep it simple

- Matthew 6:6-13
- The lords prayer only takes about 30 seconds to pray
- it is short but it covers a lot and it is powerful. You don't need to pray a long time or use long words
- We see in Jesus ministry that he uses short prayers to pray for big things, healings, miracles, raising the dead

### Keep it honest

- Psalm 139:23 and 2 Corinthians 10:5
- We all struggle to be honest
- But God already knows and he already loves us, there is no point trying to hide it from him

- Being honest with God helps us, it invites God into our inner life and as our thoughts are transformed our lives are changed
- Jesus was honest with God in the Garden of Gethsemane (Luke 22:41-44)

### **Keep it going**

- 1 Thessalonians 5:16-17
- If we want to get good at anything then we need to keep it going consistently
- Keeping communication going, keeps any relationship strong and this is true with Jesus too
- Get rid of the mindset that says pray is at a fixed time and place but see it as a continuous conversation with Jesus

### **Group Discussion Questions:**

#### **Worship**

*Small group worship resources can be found here [bvc.so/sgworship](http://bvc.so/sgworship)*

- How is 'Read and Listen' going? What has God been speaking to you about this week? (*Go around the group quickly don't spend a long time on it*)
- What answers to prayer have you had recently, what can you give thanks for?

#### **Word**

- What from this week's talk/bible passage stood out to you, and/or you found challenging? Why?
- How do you find prayer?
- What view/mindset are you approaching God with that is either helping or hindering your prayer?

#### **Witness**

- Choose one person who isn't following Jesus yet that you know you will see this week and pray for an opportunity to share something of your faith with them.
- What church events coming up would your friends appreciate an invitation to?

**To ponder or pray about this week:**

Practice using the Big Three booklet!