NOTES

Session 1 – "Why pray?"

Passages of Scripture from tonight's session:

Things that stood out to me from tonight's session:

Things to consider for discussion:

What did you find most helpful or most challenging in the video?

What do you find difficult about prayer?

What do you find easy about prayer?

Why do you think prayer can often feel hard?

What do you mostly talk to God about?

Do you feel like you have to act a certain way before God when you pray? Why or why not?

Do you find it challenging to persevere in prayer?

How can we be encouraged to keep going?

What is one way you'd like to grow in prayer and your relationship with God over the course?

Consider putting words to paper right here and practicing prayer right now – share with God the ways you would like to grow in prayer and your relationship with him over the course: