

# Discipleship Week 2

## Discussion Questions

1. Is praying important to you? Why or why not?
2. Do you have a regular prayer practice? Would you share with us more about it?
3. Have you ever felt that your prayers were inadequate? In what ways?
4. Do you pray any pre-written prayers? (Pray one together as a group from suggestions below)
5. Have you tried praying scriptures? (Pray one together one of the Psalms listed below)
6. Do you express your gratitude to God in your prayers? (Pray a round of gratitude expressions from the group)
7. Have you tried lament (naming things that keep people from loving God and others) prayers? (Pray a round of laments)
8. Another way to pray is by asking God for something for ourselves or others. Would you mind sharing what you currently want from God?  
(We know we don't control God but it is important to be honest and genuine. Asking is a way to remember that we are not God.)
9. How do you listen to God's response? Have you tried being contemplative? (Take a few minutes to have the group just focus on their breathing)
10. Prayers can be individual or communal, does praying out loud with others intimidate you? What would help make it easier for you? (practice, letting go of trying to be eloquent, memorize a pre-written prayer, have an outline such as - praise, thanks, request, praise ..)

### Further Resources:

#### Amplify Media -

- Listen: Praying in a Noisy World
- The Wesley Prayer Challenge
- Ultimate Reliance
- Grounded in Prayer
- The Heart of the Psalms

#### Books -

- Prayer & Listening by Jan Johnson
- Prayer: Our Deepest Longing by Ronald Rolheiser
- The Way of the Heart by Henri Nouwen
- Open Road by Sue Nilson Kibbey

#### Podcasts -

- Things Above, 10/22/2024 Talk With God
- Firebrand Podcast, S.3 Ep 8, Breakthrough Prayer with Sue Nilson Kibbey
- The Signpost Inn Podcast, Ep 57 - Father Ronald Rolheiser on Domestic Monastery
- Life with God, Renovare, 7/30/2017 Quieting the Mental Committee to Hear God. 03/18/2015 Prayers of Pain & Lament
- Turning to the Mystics, S.4, Ep 3 What is Lectio, Meditation & Prayer

#### Sermons -

- Chatham UMC, 04/24/2017 Breath Prayer
- Robcast, Ep 92, Learning to Lament - Part 1

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## Prayer Suggestions

### Suggestions for Prayers - Psalms:

5,8,9,10,13,19,20,22,23,25,27,42,51,60,  
63,77,84,86,103,148,150

**Horizons' Breakthrough Prayer:** God, please break through and open doors to new hopes, dreams, and possibilities for Horizons. We want to faithfully follow Christ by putting your way before our way on this new and unknown adventure. Amen!

### St. Francis of Assisi's Prayer:

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O Divine Master, grant that I may not so much as seek

to be consoled as to console;  
to be understood as to understand;  
to be loved as to love.

For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life. Amen.

### Wesleyan Covenant Prayer:

I am no longer my own, but yours.

Put me to what you will, place me with whom you will.

Put me to doing, put me to suffering.

Let me be put to work for you or set aside for you.

Praised for you or criticized for you.

Let me be full, let me be empty.

Let me have all things, let me have nothing.

I freely and fully surrender all things to your glory and service.

And now. O wonderful and holy God.

Creator, Redeemer, and Sustainer, you are mine, and I am yours.

So be it.

And the covenant which I have made on earth, let it also be made in heaven. Amen.