



The Chapel
June 8, 2025
Dave Gustavsen

Week 6: Lifestyle
1 Thess. 5:17, Matthew 6:9-13



OPENER (5 mins)

How do you “pray without ceasing?”



JOURNAL SHARING (15 mins)

1 Thess. 5:17
Matthew 6:9-13
Colossians 4:2
Romans 12:12



EXTENDED PRAYER (20-30 mins) Pray through the Lord’s Prayer

Invite group members to take turns reading aloud a line from the Lord’s prayer, allowing time for people to pray after each line before moving on to the next line.



DISCUSS (15 mins)

1. Jesus demonstrated three key elements in his prayer life: **Decide**, **Disconnect**, and **Delight**. Which of these is most challenging for you personally? What practical steps could you take this week to strengthen that area?
2. Prayer is both a scheduled event and a constant way of life throughout the day. Which comes more naturally for you — scheduled prayer or spontaneous, ongoing prayer? What could help you develop the part that feels less natural?
3. Pastor Dave used the beautiful image of “sobremesa”—lingering at the table after a meal just to enjoy someone’s presence. How does this picture of intimate fellowship with God through prayer resonate with you? What would it take for you to slow down and experience more of that kind of unhurried connection with Him?



PRAYER → ACTION (5 min)

After praying, what is **one step of obedience** that God is calling you to take this week? It could be a change in your attitude, a specific action, or a way to love and serve others. Record this in your journal, asking God for the grace & power to follow through. Share with your group members also, to help keep you accountable.