

Christianity 101 - Prayer

Intro

The session today is on the topic of prayer. Throughout history and continuing today, people have prayed and will continue to pray as an expression of their faith. A Jewish Rabbi, Abraham Heschel said, "Prayer is our humble answer to the inconceivable surprise of living." We as humans just can't help but pray - and prayer is simply communicating with God.

Today we're going to watch a video by The Way UK on the topic of prayer. We will explore what prayer is within the Christian tradition, and ask the question; *if we were to build our lives around prayer, what would it look like & how might it impact our day to day?*

This is a safe space for conversation and all perspectives, thoughts and questions are welcome. We believe that faith should be grappled with in order to come to a broader understanding and we're looking forward to exploring the topic of prayer with you.

Games

GAME 1

Charades:

Have a number of actions written down on bits of paper and put them in a hat. Have enough for there to be a couple of rounds. Each round should last between 30-45 seconds.

Split the group into two teams and get one person from each team up at a time. They have to act out the action without using words. Team that gets the most actions correct after a couple of rounds win!

GAME 2

Articulate:

Have a number of people, objects and activities written down on bits of paper and put them in a hat. Have enough for there to be a couple of rounds. Each round should last between 30-45 seconds.

Split the group into two teams and get one person from each team up at a time. Only using words, they must try and explain what is written down on the paper without saying the words on the paper. The team that has the most correct guesses after the rounds end, will win!

Point: communication is really important in sharing what we have to say to the receiver. Whether we use words or not, we are able to communicate to our friends. The same with God, whether we have the right words or can only use actions. God hears what we are trying to say, and will respond even if we haven't articulated well what we want to say.

Watch video

Question block 1

- Has a family or friend ever prayed for you?
- Have you ever prayed before?

Extra questions:

- If you have experienced prayer, how did it make you feel?
- What comes to mind when you hear stories of prayer being answered?
- Have you thought about the idea of prayer being about a relationship with God? Would that change how you pray?

Question Block 2

- How could you introduce prayer into your life?
- How would that impact your relationship with God?

Extra questions:

- In the video it touches on God not giving things we ask for, why do you think God might hold these things back?
- If prayer is a conversation, what might it look like to listen to what God is wanting to say?
- What do you notice about people who seem to pray a lot?

Worship song suggestions



Cast Your Cares



Gratitude