

COMMUNICATING WITH YOUR GROUP

TEXT MESSAGES

SEND THIS TO EVERYONE IN YOUR GROUP:

Hi there! Hope this week is going awesome! Just wanted to let you know that I'm asking God to be with you throughout this week and thanking Him for your friendship.

SEND THIS TO ANYONE WHO MISSED

GROUP THIS WEEK: Hey—we missed you at group! Here's the link to the video so you can catch up. Hope all is well and can't wait to see you next week!

SEND THIS TO ONE OR TWO PEOPLE IN YOUR GROUP, JUST BECAUSE:

Hi! Just wanted to tell you how happy I am that you're in our group. I notice that you are _____. And it's great to see God using you in our group! (Fill in the blank with a positive characteristic. For example, "a great listener," "good at keeping the conversation going," "willing to offer encouragement.")

EMAIL:

SEND THIS TO EVERYONE IN YOUR GROUP.

Hey everyone! Hope your week is going great! I wanted to send out a quick email to let everyone know what we'll be talking about in life group this week. We're now in week two of "Prayer: Finding the Heart's True Home." This week's message is about upward prayer. We're going to talk about how by praying unceasing prayers of thanks and adoration, WE can grow our intimacy with God. I'm really looking forward to our time together! Here are the details for our meeting:

Date/time:

Address:

Our weekly Bible Reading Plan and the questions for this week are attached. See you guys soon!

BIBLE READING PLAN

If you're looking for a more personal way to encourage your group members to read Scripture, try texting each day's Scripture and prompt to the group. Or, EMAIL THEM out each week. That way they have each day's reading as the week begins.

MONDAY (Day 1) 1 Chronicles 29:10-19

David not only praises God in this prayer, but He does it publicly. This is not an easy thing for most of us. When was the last time you shared prayers of thanks and adoration with others?

TUESDAY (Day 2) Psalm 8

David takes time to praise God for all He has created. He mentions so many of the things we take for granted. How can you open your eyes to the smallest of blessings?

WEDNESDAY (Day 3) Daniel 2:19-23

Have you ever simply prayed a prayer of praise like Daniel's? How can you open your eyes to the smallest of blessings?

THURSDAY (Day 4) Psalm 34

David writes "I will praise the Lord at all times." How can you do this? How can you commit to seeing the good He brings to each moment?

FRIDAY (Day 5) Luke 1:46-55

Mary's prayer is a fairly simple one. Take time today to pray a simple prayer of praise.



SUMMARY

Just like the child seeking intimacy from his mother, we should also seek intimacy with our Father. In fact, it what's we were designed for. In order for our relationship - our faith - to grow, we need to allow ourselves to be fully aware of His constant presence in our lives. This week, WE take a look at Upward Prayers. Prayers that help us build the intimacy we seek and need from our Father.

DISCUSSION QUESTIONS

These questions are a guide to get the conversation started in your group—don't feel like you need to ask everything you see here! As long as you're having a conversation, you're on the right track. Also, feel free to adjust the questions for the needs of your specific group.

Think about the people closest to you? How did those relationships build? What created the intimacy that allows you to have this type of relationship?

Relationships take time. How would you compare the amount of time you spend with God with the time spent on your other relationships? Do you regularly schedule time with God? What about with others? How do the two compare?

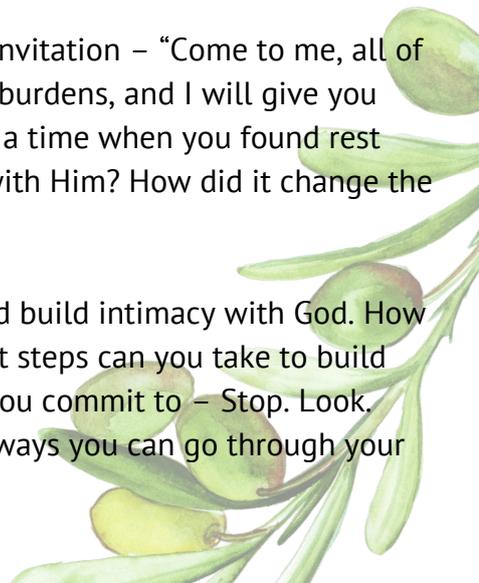
We speak with many people throughout the course of our day - friends, co-workers, significant others, etc.. Think about a normal day. Who do you talk to the most? Where does God fit in this scenario?

Through prayers of adoration, we simply worship, praise and respond to God's love for us. We seek nothing. We simply cherish God for himself. When was the last time you did this - simply thanked God for being God?

When you pray what does it generally look like? Are you asking God for something? Praying for others? Thanking and praising Him? If you find that you do one more than the other, why do you feel you do this?

In Matthew 11:28, Jesus offers this invitation - "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Rest. Just rest. Has there been a time when you found rest simply by spending time in prayer with Him? How did it change the way you felt in that moment?

Upward prayers allow us to seek and build intimacy with God. How can you become better at this? What steps can you take to build your Upward Prayer life? How will you commit to - Stop. Look. Listen. - each day? What are some ways you can go through your days in joyful awareness of God?



CONSIDER THIS - LIFEGROUP APPLICATION

Read this before you meet. Then, take a moment after your discussion to go over this application with your Life Group. How does this relate to your Life Group? Is it something you are already doing? If so, how can you do it better? If not, what steps can your group take to make this application happen?

So often, WE look to prayer as a way to ask God for things. But, when WE pray Upwardly, WE take time to show our thanks and adoration to God.

What does prayer time look like in your Life Group? Do you regularly take time to show thanks and adoration? Do you allow time to just "be still" with God?

Discuss, as a group, ways you can promote praying upwardly within your group. How can you celebrate God? How can you show your adoration? And, how, as a group, can you encourage each other to pray unceasingly?

WRAPPING UP

PRAY

Often, WE forget that pray can be for positive reasons, not just when we are going through a tough time or need help.

Today, open in prayer and then go around the room and ask everyone to offer a word of thanks to God for who He is or something He has done. When everyone has gone, allow for a moment of silence. A time for everyone to rest in Him. When adequate time has passed, close the prayer.

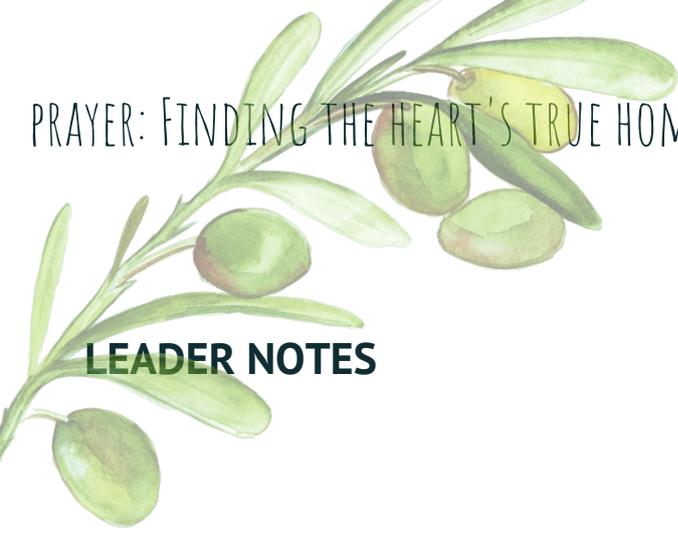
MAKE PLANS TO MEET AGAIN

Remind everyone that you will be meeting again next week. If you need to make plans regarding location or meals, now is a great time to do that. This way, you can include the info in your reminder email.

Be sure to make plans to participate in Trunk-or-Treat and Team Trivia Nights!

PRAYER: FINDING THE HEART'S TRUE HOME

WEEK 2 - UPWARD PRAYER
LEADERS GUIDE



LEADER NOTES