



Small Group Discussion Guide – January 25, 2026

- Series: The Praying Life
- Sermon: Communion
- Scripture: Psalm 34:4-8, Psalm 27:4, Psalm 91:1

CONNECT

Have you, or someone you know, ever been asked to pray in a setting that you found to be an unusual or uncomfortable place to pray? How did you feel? And why did you feel that way?

FOLLOW-UP FROM LAST WEEK

What “Kingdom prayers” did you pray this last week, prayers for your workplace, neighborhood, city or somewhere in the world?

ENGAGE

1. Read Psalm 34:4-8. What are the results of seeking the Lord as explained in these verses?
2. Read 27:4. What is the longing of the psalmist’s soul in this verse? What is his focus?
3. Read Psalm 91:1. What is the shelter of the Most High? What does it mean to rest in the shadow of the Almighty?

APPLY

1. Week 1 of our Prayer series focused on “asking.” The focus of Week 2 was “Kingdom praying.” This week the focus was “Communion praying.” How would you describe each? What are the differences between them?
2. David mentioned in this week’s sermon that over time we resemble what we behold. What does it mean to “behold” something? What examples can you think of that people may behold in the world? What does it mean to behold God?
3. What should be the result or benefit of beholding God more?
4. During our afternoon service of Week 1, Catherine mentioned that every moment of prayer is like a compounding interest investment. What does this mean to you? Have you found this to be true in your life, and if so, how would you describe it?

GOING DEEPER

“Communion praying” is more advanced praying; it has a key listening component. It starts to make us better and deeper and more connected to God. And as we practice it we become more like God as we behold Him more. It is not transactional and behavioral and it does not have an external focus; rather, it comes from the

deep places of one's heart. It takes time to develop if one has not practiced or experienced it in the past. Have you experienced this more advanced form of praying? If so, please describe your experience. If not, what small steps could you take that might help you behold God more and to begin Communion-praying more regularly?

PRAYER

Dear God, make it our hearts desire to commune with you in our prayer life, to not only petition you regarding things and people that concern us, but to just be with you, to behold you in all your glory and magnificence. We pray that we can develop a closer, deeper relationship with you through simply being in your presence, by seeking you and you alone.

ADDITIONAL SCRIPTURE

James 4:8

John 15:4a

QUOTES

"Prayer is standing in the presence of God with the mind in the heart."

Henri Nouwen

"Prayer isn't monologue, but dialogue. God's voice in response to mine is its most essential part."

Andrew Murray