
Small Group Discussion Guide — February 1, 2026

- Series: The Praying Life
- Sermon: Communion II
- Scripture: John 14:11-21

CONNECT

What is something that *immediately* grabs your attention these days, in a good or funny way?

FOLLOW-UP FROM LAST WEEK

How was your prayer life last week as compared to the first week of this series? Share any growth, big or small. Any moments of “communion” prayer or attempts to practice it?

ENGAGE

1. Considering the broader context of John 14:11-21, who is Jesus speaking to, and in what setting? What tone do you imagine in His voice? If you were hearing these words directly, how would they make you feel?
2. As you reflect on prayer, how do you understand the promises Jesus makes in verses 12-14? Do they feel like ‘blank check’ promises, or is something deeper being revealed about how we pray?
3. Read vv. 15-21. How do these verses reshape your understanding of what it means to love Jesus, not as rule-keeping, but as a lived relationship empowered by His presence through the Holy Spirit? David described it as an “indwelling union.” How does this resonate with you?

APPLY

1. Mary Oliver said, “To pay attention, this is our endless and proper work.” What currently gets most of your attention during a typical day? How might communion prayer reorient or recalibrate what holds your focus?
2. At its core, prayer is communication with God, but words have limits. David points us to three ways prayer takes shape: *calibrating* our hearts to God’s glory, *collaborating* with Him in His work, and *communion* with Him through the Holy Spirit. Which of these comes most naturally to you right now, and where do you sense God inviting you to grow?
3. The sermon helps us distinguish the difference between *fearing* God and *being afraid of* God, and how acknowledging this difference can help us enter into prayer. How have you seen fear of circumstances grow when reverence for God

shrinks, or vice versa? How does communion prayer help form a healthy, awe-filled reverence for God?

4. David shared that advancing in communion praying becomes a kind of heaven practice...a pre-heaven experience. Reflect on the quote from Catherine of Sienna, "All the way to Heaven is heaven." How does this resonate with you? In what ways could communion prayer feel like *practicing heaven* rather than *preparing for it*?

GOING DEEPER

The last four weeks of this sermon series has offered multiple resources and practices in order to grow our prayer life. Where do you now sense a gap between how you usually pray and the kind of prayer described in John 14, prayer rooted in presence, trust, and partnership with God? What is one small, sustainable step you could take toward closing that gap?

PRAYER - Consider adding a few moments of silence within this prayer to practice a more communion style.

Dear Father, thank you for this day and for this opportunity to grow closer to You. Prayer can sometimes feel like something we have to do, Father, but we pray to be a people who approach prayer as something we get to do. Please, help us focus; help us settle our hearts; help us know deeply that we are in You and You are in us. We pray that this intentional time is just the beginning of our growing prayer life, and that we find ourselves abiding deeply in Your presence. Amen.

ADDITIONAL SCRIPTURE

Revelation 4:5-6

John 5:24

Romans 8:26

QUOTES

"The two most important things a pastor does is teach people to pray and teach them how to die." Eugene Peterson

"All the way to Heaven is heaven." Catherine of Sienna

"I'm practicing for heaven. When I die, someone will have to tell me I'm dead."

Dallas Willard