

Week 4: Prayer

1. Social/Fellowship Time (10-15 minutes)

2. Content/Spiritual Conversations (30-35 minutes)

- **Debrief from prayer practice**
 1. What emotions does the word “prayer” elicit in your heart?
 2. What challenges do you tend to face in prayer?
 3. What invitation do you sense from God to go deeper in prayer?
 4. Are pre-made prayers a part of your life with God, or not?
 5. How do you normally handle distraction when you pray?

3. Accountability questions (25-35 minutes)

- ***When your group is getting started***
 1. How is it with your soul? (Redirection Question: What is God teaching you emotionally, mentally, spiritually?)
 2. What are your successes and struggles in your spiritual life right now? How might the Word and Spirit be speaking in your life?
- ***And then, when your group is ready***
 3. Do you have any sin to confess?
 4. Is there anything you desire to keep secret?

4. Homework for Week 5

- Watch **Scripture** video: “Read” (30:56)
 - <https://thefreshwater.church/2026/01/practice-scripture/>
- Practice Scripture (optional: download companion guide)