

OCTOBER 12

# RED LETTER JESUS

A look at Jesus' own words and  
what He calls us to do.

## SERMON DISCUSSION SHEET

### CONNECT

**Each week, questions will be provided to help individuals and groups connect with the sermon and grow deeper in faith. The following questions, prompts and discussion points are meant to help guide both personal devotion and small group conversation. Be open and flexible to additional questions.**

- Encourage everyone to share a highlight or lowlight from their week.
- Do you have a favorite "words of Jesus" passage?
- Was there anything that caught your attention or challenged you from the message?

### GROW

What are your experiences with prayer? Childhood? Present? Positive? Negative? Are you inclined towards prayer? Unsure? Is prayer a regular part of your life? Explain.

What is the purpose of prayer?

What does it mean to pray in Jesus' name? (Read John 14:13-14)

Describe the connection between prayer and solitude (Read and consider Matthew 14:23, Mark 1:35 and 6:46, Luke 5:16).

• Have you ever participated in a silence retreat or solitude retreat? How was it? If not, why not?

How are prayer and fasting connected? Have you ever fasted?

Describe the difference between prayer in passing and intentional prayer.

How does your posture impact your prayer life? For example, what if you kneel or lay down? What if you hold hands with the person next to you? What if you raise your hands or keep them low?

When people say they talk to Jesus as a friend, how would you define "friend"?

Is ceaseless prayer the same as persistent prayer?

Have you felt a sense of a prayer being answered? Have you felt a prayer was not answered? What does answered prayer mean? Have you ever felt that a prayer was answered and then found yourself once again praying for the same thing?

Do you ever feel that you are bothering God because of persistent prayer? How long is too long to pray the same prayer or to pray for something/someone - does prayer ever get old to God? Consider Hannah in 1 Samuel 1.

**Refer to the back of this sheet for prompts to use throughout the week during chair time.**

## CHAIR TIME PROMPTS

### GO

The following questions and prompts are meant to be answered individually, throughout the week during "chair time" or times of personal reflection.

- Go through a whole day offering a silent prayer for EVERY person you come in contact with. Consider what you have learned from the experience.
- Do you have a regular prayer practice? Consider trying one this week. For example: praying when you wake, before a meal, with the kids before bed, before bed yourself, in the car.
- What state is your heart in when you pray to God for yourself verses when you pray for others? Does it matter?

Try the following Examen Prayer this week. Consider doing it daily!

- **Become aware of God's presence.** Look back on the day and note the times you felt God was with you, assisting. Feel God with you now and ask to become more conscious of God's presence. It may be helpful to repeat a phrase like, "Be still and know that I am God" (Psalm 46:10) or any other prayer that connects you to God.
- **Look back with gratitude.** Review the past 24 hours and notice what you're thankful for. What happened to make you feel blessed? Take a moment to give thanks to God for providing you with these blessings.
- **Take an honest look at your day.** Note anything that happened over the course of the past 24 hours, your interactions with others and your emotions. We often rush through each day, not pausing to reflect. Doing a deep, honest reflection of the past day causes us to learn more about ourselves and improve our future actions.
- **Choose one part of the day and pray about it.** From doing your review, you might find something God is directing you to work on - an emotion, a relationship that needs mending, an unpleasant situation. Pray for it, ask God's guidance to resolve it.
- **Pray for tomorrow.** Ask God to guide you tomorrow, leading you to your highest purpose. Send love and light to tomorrow, praying for wisdom and strength. Feel deep gratitude, knowing God has already answered your prayer and tomorrow is already blessed. Take some deep breaths and know that all is well.