

Oxygen - Week 1 - September 25, 2016 - Breathe In / Breathe Out

INTRODUCTION

Oxygen--- a necessary component to sustain life. Yet, we breathe it in without even thinking about it! It's an involuntary action we do over 20,000 times a day that keeps us alive. Prayer should be the same. Prayer needs to be as instinctual to Christians as breathing is to all living creatures. Prayer shouldn't be second nature, it should be our first response.

DISCUSSION QUESTIONS

- 1. Talk about a time when you experienced an answer to prayer.
- 2. Have you ever been impressed by the way someone prayed? What about the prayer did you like?
- 3. What are some reasons you have used to "not" pray?
- 4. Read Matthew 6:5-6. What is the problem with praying publicly as described in these verses?
- 5. Respond to this statement: "The purpose of prayer is to have a conversation with our Heavenly Dad and to align our will and way with His will and way; so that we can receive only His best and reject anything less."
- 6. Do you believe that prayer can change God's mind? Why or why not?
- 7. What makes it hard to pray "Your will be done" with sincerity?

MOVING FORWARD

Can you imagine what would happen in our families, churches, communities—the world—if Christians prayed until we could earnestly say, "Your will be done"?

As you pray this week, declare God's greatness, your relationship with Him, ask Him for His will, accept only His best, and reject all the rest.

CHANGING YOUR MIND

But <u>when</u> you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret <u>will reward</u> you. - <u>Matthew 6:6</u> (ESV)





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