

## Sermon Discussion Questions: How To Pray

1. Read Mark 1:32-39. Notice how Jesus did great works in the name of God, but also pulled away to a quiet place to pray to God. Why is it important to make sure we are praying to God regularly in the midst of our work, chores and responsibilities?
2. Pastor Mark talks about Olympic swimmer “Eric the Eel” who wasn’t very good at swimming, but still competed in the Olympics. Do you ever feel as though you are not very good at prayer? Why or why not?
3. Pastor Mark suggests we do what Jesus did, and go off to a quiet place to pray. He acknowledges that this requires us to make time in our busy schedule to be alone with God. Do you have difficulty finding time to be alone in prayer? Why is it important to spend more than just a couple of minutes in prayer?
4. Some people like to organize their prayers according to the acrostic ACTS. The letter “A” stands for Adoration. Why do we need to adore and praise God? How does music help us express praise to God?
5. The letter “C” stands for Confession. Why is it important to confess specifically for our sins rather than just offer a generalized “forgive me for all my sins” kind of prayer?
6. The letter “T” stands for Thanksgiving. Why is it helpful to give thanks for our problems and struggles as well as our blessings? Can you recall a time when God sent you a gift disguised as a problem or difficulty?
7. The letter “S” stands for Supplication (asking God for things). What are some things you typically ask God for? Can you recall a time when God answered your prayer request with a “no”? How did you deal with your disappointment?
8. Pastor Mark suggests using prayer books to assist with prayer. How can praying written prayers composed by others help our prayer life?
9. Why is it important to be still and listen for God to speak to you?
10. How can you tell the difference between God’s voice and your own thoughts?