



**Sermon-based small groups connect the week to the weekend!**

*Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.*

**Message Info:** Pray More Worry Less 4/3/22 - Prayer is such an important part of our spiritual health. It slows us down and reminds us of what is most important: who God is, what He has done for us, who we are to Him. It reminds us that we aren't alone. It helps us grow, aligns us with what God is doing, and it changes things. Most importantly it changes us. Find your space to pray and create a new rhythm of prayer. (*Passages: John 17*)

**Discussion Questions:** Take your time and dig into these questions.

Have you ever felt uncomfortable talking to someone important? Have you ever felt uncomfortable talking with God?

What benefits of prayer do you feel you need the most right now in life? (Some of them are listed above.). Why did you pick that one?

Have you seen God prove himself faithful in an area of your life as you prayed for it? What happened?

Read John 17. We get this incredible look into a prayer Jesus prays. What sticks out to you most in this passage? Why?

What is your favorite thing Jesus prays for you? Why did that one stand out?

What are some practical ideas you can implement into your life this week to find a new rhythm for praying more?

**Group Challenge:** Spend some time writing down one thing you can have the group pray for you for this week. Share the prayer requests together and spend the week praying for each other.