

Why and How Do I Pray?

Admin

This is a good session to encourage guests to attend the Alpha weekend. Mention the cost and the possibility of scholarships.

Key Concept

Prayer is at the heart of Christianity: because at the heart of Christianity is a relationship with God.

Surveys indicate that most people pray. Even people who don't consider themselves religious find themselves praying from time to time. Where do we take our fears and anxieties? Sometimes our worries seem like they are going to crush us. Other times we experience a calm we can't explain, but it doesn't last. Is there something/someone bigger we can trust? Still these questions may remain: If God knows our needs, why should we pray about them? What is the value of prayer? Take time to introduce prayer this week at the end of the small group time.

Questions for discussion

1. What did you think or feel about the talk?
2. Have you ever tried praying? How did it go?
3. What do you think about the idea of God answering prayer?
4. Have you ever prayed and a coincidence happened?

Additional question (if needed):

5. In the talk, various reasons for praying are given. Which of these do you relate to and why?



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