



re-fresh
A NEW YEAR. A REFRESHED FOCUS

refresh Pt. 2 - January 10, 2016

Warm Up

Prayer changes us. Prayer changes lives. Prayer changes history. It is a way to feel God's heartbeat. Knowing who God really is makes us want to conform to Jesus Christ and his way of life. God slowly and graciously reveals himself to us while we pray, and it is during those moments that we can breathe in deeply his love. The wonderful thing about prayer is that God meets us where we are. He comes alongside us to lead us into a deeper, more real relationship with him, not motivated by guilt, but driven by his love.

Into The Bible

"Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one." (Matthew 6:9-13, NLT)

- When you pray, do you truly expect your prayers to be answered? Why or why not?
 - How do you listen to God? How does he communicate with you?
 - How do you do that on a daily basis?
 - Do you think it is important to view prayer as a learning process? Why?
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Application

Here is a little experiment for you: Go through a whole day offering a silent prayer for every person you come in contact with. Record what you have learned from that experience.

Many people around us do not know the Lord. Make a list and start praying for the people you know who need to know that God loves them. How can you share God's love with them?

Prayer Requests