**Fellowship CommUnity Group**

 **Discussion Guide for Leaders**

*Series: Lord, Teach Us to Pray*

*Sermon: “Mindful Prayer” (10-28-18)*

**Group Announcements (Leaders: Please review prior to start)**

**1)** Welcome everyone to your group.

**2) Leaders: Please note special instructions for prayer time.**

1. **Getting To Know Each Other** *Please use these questions as a time for people to informally talk and get to know each other.*

Go around the room and have everyone answer this question: **If you could add any skill or talent what would it be and why?** (Be as specific as you can)

* **Opening Prayer**. (Either leader, host home or someone who is willing to pray out loud)

*(Notes from message for reference only – use only as needed)*

**\*\***Use Sermon notes bulletin insert

* **Our Culture of Spirituality:**
* Buddhist Meditation
* The Occult
* Creative Visualization
* **Mindful Prayer…**
* 1) Knows God – Relationally
* 2) Knows of God – Truthfully
* 3) Lives in submission to Christ – Obediently
* **Mindful Prayers**
* 1) Pray theologically sound prayers.
* 2) Pray biblically faithful prayers.
* 3) Pray out loud in community regularly.

**Into The Text** (15 Minutes) (Leaders: This time is not meant to be application yet, this is time in the Word, before we seek to apply truth, we need to understand the meaning of the text. The section after this one will focus on application.)

1. Ask someone to read the following passage Psalm 19:14. *Ask*: *What does David mean by ‘meditation of my heart’? He also says, ‘words of my mouth’, how are the words of our mouths different from the meditation of our hearts? Why does he ask the Lord to ‘let the meditation of his heart be acceptable in his sight’.*
2. Ask someone to read 1 Corinthians 14:13-15. (Leaders please try to keep the discussion away from disagreements about tongues and keep the discussion on mindful prayer) *Ask: Why is an ‘unfruitful mind’ a concern for Paul? Why does Paul say that he will pray ‘with his mind also’ in v15?*
3. *Ask: According to this passage, is it possible to pray with your spirit (lower case s) and not your mind? Why is Paul so intent on praying with his mind?*

**Application & Discussion** (15-20 Minutes)

1. Say: Let’s move to application. *Why are people in our society so willing to embrace such flawed methods of prayer and meditation?* People today are paying thousands of dollars for their sessions of meditation. *What are they ultimately looking for?*
2. *Ask: What are some examples of ‘mindless prayer’ techniques that Christians may be prone to? Have you ever begun a time of prayer and then your mind wandered? What happened? What should you do?*
3. *Ask: How can flawed theology affect the ‘mindfulness’ of our prayers? Are the techniques of meditation that were discussed in the sermon examples of flawed theology in prayer? If yes, how so?*
4. *Ask:* *How can biblically faithful prayers help us to pray with our minds? What would be an example of a biblically faithful mindful prayer?*
5. *Ask: What are the benefits of praying out loud in biblical community? How can praying in community help you to pray more with your mind?*

**\*\*Prayer Time**: **(Leader Say:**) We will now close with a time of prayer. *Take some time to consider your most pressing prayer requests and ask God to help you understand what your true motives are in those prayers*.

* As we have done before, ask someone to start and then have each person go around the room and pray a one sentence prayer out loud to the Lord, with all of your heart: This sentence can either be prayed as is or in your own words.
* Make sure everyone knows who is starting the prayer and the direction you are going.
* The sentence is…. *“Lord, please teach me to always pray with my mind engaged.”*
* *(****Leader****: Encourage those uncomfortable with praying out loud to try this, even if it is just a short sentence, they can still pass if they choose but do ask for this prayer to go around the room in a certain order so everyone knows – give room for learning to pray)*
* Once everyone has prayed this prayer in their own words, you can either open it up for prayer or just close. Lord, teach us to pray.