

- 1. Is your view of prayer closer to reciting your checklist of things you would like God to do for you or a conversation that seeks God's heart?
- 2. Think about this question: 'Do you believe that what you really believe is actually true?' If it is, then how might this change your prayer life?
- 3. What is it that most often keeps you from making time for prayer? Are there steps you can take to minimize or remove this distraction?
- 4. Is there an area of your life that God is trying to speak into? What changes do you think he may be asking you to make?

Rejoice in the Lord always. I will say it again: Rejoice!
Let your gentleness be evident to all. The Lord is near.

Do not be anxious about anything,
but in everything, by prayer and petition,
with thanksgiving, present your requests to God.
And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-7