

TALK IT OVER

Pray or Be Prey:

Our Father in Heaven

Find your new group! vccindy.org/groups

Start Talking: Find a conversation starter for your group or use one of these.

Share a moment when you paused and took a breath. Did it help you feel more connected, centered, or even at peace?

Please read **Matthew 6:5-15** aloud.

- What does this prayer mean for you personally?
- How does this prayer's focus shape the way you approach your prayers?

Please read **Psalms 103:8-12** aloud.

- What does it mean for you to be able to call God "Father"?
- How do these verses change your sense of closeness or safety when you pray?

Please read **Psalms 34:7-9** aloud.

- Share a time you struggled to trust the goodness of God; what helped you lean on His presence and provision, even when you may not see Him?

Read **1 Peter 5:6-11** aloud.

- What does it mean to "be alert and of sober mind" in your everyday spiritual life?
- Peter tells believers to be alert because our enemy is always seeking opportunities to weaken our faith. What are some practical ways prayer helps us stay spiritually alert and stand firm each day?

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Start Praying: Be bold and pray with power.

Lord, thank You for inviting us into a relationship with You. As we reflect on the intimacy of calling You Father, help us grow in trust, especially when life feels uncertain. Remind us that Your goodness is unshakable, even in the midst of our battles. You are our refuge and strength. Lead us this week, and let our prayers be a constant reminder that we are never alone. In Jesus' precious name, amen.

Leader: Make time to pray for and with each other. Break into groups of three, take time for healing prayer, or pray with individuals requesting prayer. This is important!

Start Doing:

This week, set aside a few minutes each day to pray, using just one line of the Lord's Prayer as focus. Ask God to show you how He is present, how He provides, and how He sustains you. Meditate on what God shows you.

Isaiah 41:10 NIV

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."