

Prayer in the Busyness | Week 2

Introduction

One of the shortest verses in the Bible is 1 Thessalonians 5:17. It simply says, “Pray continually.” How do we do that? How reasonable is it to stay connected to God as we go to work, take care of the kids, pay our bills, and take care of all the responsibilities that life demands? Prayer accesses both power and peace. We’ll learn to experience that as we pray continually.

Conversation Starters (10 minutes)

- What is something you are grateful for today?
- What are some ways you regularly practice gratitude in your life?

Sermon Notes Review (15 minutes)

What stood out, challenged, or impacted you from the weekend message?

[Watch the Video \(20 minutes\)](#)

In this video, Chad will introduce us to the Tabernacle Prayer. We will then practice praying the principles of the Tabernacle Prayer together. You can follow along in the Tabernacle Prayer section of the [Prayer Guide](#).

Group Discussion (40 minutes)

1. What did you learn through the [guided prayer experience](#)? Were there any parts that surprised or challenged you?
2. Have any of your ideas, assumptions, or patterns of thinking about prayer changed as a result of what you are learning?
3. How can you apply the principles of the Tabernacle Prayer to your daily life as you “pray continually?”
4. In our last teaching series, we learned to “get over it” and be “unoffendable” as we choose to live a better way. How can learning to pray continually help us with this?

Prayer (5 minutes)

Close your group time in prayer, expressing your gratitude to God for who He is, what He has done for us, for your group and the opportunity to gather. Ask the Holy Spirit to lead you through your week, to help you keep Him at the forefront of your mind, reminding you to pray continually. Pray for any specific group requests.

Announcements (5 minutes)

- [Serve Your World](#). We invite your group to be a part of the work God is doing all over the world and participate in a [Serve Your World trip in 2025](#).
- On October 22, we are offering an online Estate Planning Workshop that will help answer your questions and get you started in the process. Visit sunvalleycc.com/finance for more information and to register.