

## Rooted Group Notes Week 3 || How Does God Speak to Us?

**This week you will participate in a GROUP PRAYER EXPERIENCE. Be sure to end your Group Discussion with 35 minutes remaining in your group time: 30 minutes for PRAYER EXPERIENCE and 5 minutes for Announcements.**

### INTRODUCTION

This past weekend, Chad talked about prayer, and you got to experience some time in prayer during service. This week in our group time, we will be talking about how God speaks to us and then we will spend time speaking with and listening to God as we pray.

### CONVERSATION STARTERS (5 minutes)

1. Whose voice do you recognize without seeing their face? What makes them so recognizable to you?
2. Have the person you asked last week share their story of saying Yes to Jesus and how they ended up in this group (2-3 minutes). Who would like to share their story during group next week?

### SERMON NOTES REVIEW (10 minutes)

Looking back at your message notes from this weekend's teaching, was there anything that caught your attention, challenged you, or confused you?

### [WATCH THE VIDEO](#) (10 minutes)

### GROUP DISCUSSION (25 minutes)

1. Have you ever felt like God has spoken to you? If so, what did He say?
2. What might keep you from really wanting to hear what God wants to say to you?
3. What excites you, and what seems daunting as you think about establishing a regular time to read the Bible and pray?
4. What is your understanding of the Holy Spirit?
  - Has your understanding changed after studying what scripture has to say about Him?
  - How have you experienced Him?
  - How can you keep in step with the Holy Spirit?

### PRAYER EXPERIENCE (30 minutes)

See the PRAYER EXPERIENCE document for instructions for this time. You will complete the Group Prayer Experience today.

**ANNOUNCEMENTS (10 minutes)**

- Schedule a time for this week to complete your INDIVIDUAL PRAYER EXPERIENCE. We will debrief our experiences in group next week.
- Ask someone to share their story of saying Yes to Jesus and how they ended up in this group in 2-3 minutes at the beginning of group next week.
- Remember to do your “Daily Response” prompts each day found in your Rooted Book and at the end of each Daily Devotional. If you haven’t signed up for the Sun Valley Daily Devos, do so today! [Daily.sv.cc](http://Daily.sv.cc)
- We are doing Rooted with all ages during weekend services at Sun Valley. Be sure and talk with your entire family daily about what you are learning in your Rooted experience.

## PRAYER EXPERIENCE

*Before they call I will answer; while they are still speaking I will hear.*

**Isaiah 65:24**

The Church of Scotland defines prayer this way: “*Prayer is an offering of our desires unto God for things agreeable to His will, in the name of Jesus, with confession of our sins and thankful acknowledgment of His mercies.*” This summarizes well the components of prayer. We should engage in prayer as a way of aligning our desires with God’s will.

This experience follows an Up, In, and Out movement of prayer designed to help guide your time together. During this prayer experience, you will be led to...

**LOOK UP** (30 minutes - in your group meeting today)

By focusing first on the greatness and goodness of God in your **GROUP PRAYER EXPERIENCE**.

**GO DEEPER IN** (60 minutes - on your own this week)

Into God’s truth and what it reveals about who He is, and who He is calling us to become, in your **INDIVIDUAL PRAYER EXPERIENCE**.

**PRAY OUT** (20 minutes - in your group meeting next week)

That His Kingdom would come to transform our hearts and the world around us in your **GROUP DEBRIEF**.

## Group Prayer Experience - 30 minutes

*This experience includes three scripture readings, each with a silent reflection and group responsive prayer to follow.*

All things begin first with God: His glory, majesty, and power. We want to spend our group prayer time simply looking to Him and acknowledging His worth above all things. In looking up, we set out to focus our hearts together on Him.

**Before you begin Scripture Reading 1**, Pray the words, “*Come, Holy Spirit.*” Pause for a few moments to sit in His presence. Then begin Scripture Reading 1.

### Scripture Reading 1: Psalm 8

*(Go around the group and have each person read a verse)*

**1** LORD, our Lord,  
how majestic is your name in all the earth!

You have set your glory  
in the heavens.

**2** Through the praise of children and infants  
you have established a stronghold against your enemies,  
to silence the foe and the avenger.

**3** When I consider your heavens,  
the work of your fingers,  
the moon and the stars,  
which you have set in place,

**4** what is mankind that you are mindful of them,  
human beings that you care for them?<sup>[a]</sup>

**5** You have made them<sup>[a]</sup> a little lower than the angels<sup>[a]</sup>  
and crowned them<sup>[a]</sup> with glory and honor.

**6** You made them rulers over the works of your hands;  
you put everything under their<sup>[a]</sup> feet:

**7** all flocks and herds,  
and the animals of the wild,

**8** the birds in the sky,  
and the fish in the sea,  
all that swim the paths of the seas.

**9** LORD, our Lord,  
how majestic is your name in all the earth!

- Silent Reflection: *Spend 3- 5 minutes in silent reflection on these verses. Circle or underline words and ideas that stand out to you. Use the space below to record any thoughts God brings to mind.*

- Responsive Group Prayer: Invite anyone who would like to share what God revealed to them in their time of reflection to share. Have someone pray for what God has revealed. You can use these words or your own words:

*God, you truly are majestic. We are in awe of all of who You are. It is overwhelming, God, to know that in your infinite glory, you know each and every one of us, personally. You created us, you love us, and care deeply for the things we care about. In all of creation, you have called us beloved. We love you, God. Thank you for your love for us. Amen.*

**Scripture Reading 2: Philippians 2:1-11**

*(Go around the group and have each person read a verse)*

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. **3** Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, **4** not looking to your own interests but each of you to the interests of the others.

**5** In your relationships with one another, have the same mindset as Christ Jesus:

**6** Who, being in very nature<sup>[a]</sup> God,  
did not consider equality with God something to be used to his own advantage;

**7** rather, he made himself nothing  
by taking the very nature<sup>[b]</sup> of a servant,  
being made in human likeness.

**8** And being found in appearance as a man,  
he humbled himself  
by becoming obedient to death—  
even death on a cross!

**9** Therefore God exalted him to the highest place  
and gave him the name that is above every name,

**10** that at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,

**11** and every tongue acknowledge that Jesus Christ is Lord,  
to the glory of God the Father.

- *Silent Reflection: Spend 3- 5 minutes in silent reflection on these verses. Circle or underline words and ideas that stand out to you. Use the space below to record any thoughts God brings to mind.*

- Responsive Group Prayer: Invite anyone who would like to share what God revealed to them in their time of reflection to share. Have someone pray for what God has revealed. You can use these words or your own words:

*Jesus, thank you for your example. In all your majesty and power, you chose humility. You are King and yet you chose sacrifice. Help us to be like you, Jesus. Grow humility in us as we follow you. Teach us your ways as we come to know you more. Reveal to us the ways you want to grow us in this area, and lead us in becoming more like you. We love you, Jesus. Amen.*

**Scripture Reading 3: Psalm 148**

*(Go around the group, taking turns to read a verse)*

1 Praise the LORD.<sup>[a]</sup>

Praise the LORD from the heavens;  
praise him in the heights above.

2 Praise him, all his angels;  
praise him, all his heavenly hosts.

3 Praise him, sun and moon;  
praise him, all you shining stars.

4 Praise him, you highest heavens  
and you waters above the skies.

5 Let them praise the name of the LORD,  
for at his command they were created,

6 and he established them for ever and ever—  
he issued a decree that will never pass away.

7 Praise the LORD from the earth,  
you great sea creatures and all ocean depths,

8 lightning and hail, snow and clouds,  
stormy winds that do his bidding,

9 you mountains and all hills,  
fruit trees and all cedars,

10 wild animals and all cattle,  
small creatures and flying birds,

11 kings of the earth and all nations,  
you princes and all rulers on earth,

12 young men and women,  
old men and children.

13 Let them praise the name of the LORD,  
for his name alone is exalted;  
his splendor is above the earth and the heavens.

14 And he has raised up for his people a horn,<sup>[b]</sup>  
the praise of all his faithful servants,  
of Israel, the people close to his heart.

Praise the LORD.



- Silent Reflection: *Spend 3- 5 minutes in silent reflection on these verses. Circle or underline words and ideas that stand out to you. Use the space below to record any thoughts God brings to mind.*
  
- Responsive Group Prayer: Invite anyone who would like to share what God revealed to them in their time of reflection to share. Have someone pray for what God has revealed. You can use these words or your own words:

*God, you are worthy of all of our praise. You are the ruler and creator of all things. We humbly come before you, God, and thank you for who you are. Thank you for your strength. Thank you for your love. Thank you for this group and what you are beginning to grow in us. Continue this work in us, God. We praise you. Amen.*

### **Individual Prayer Experience - 60 minutes**

**What day and time will you do your prayer experience?**

**Where will you go?**

### **Preparing for Your Prayer Time**

- Review your notes from group time about how people have experienced hearing from God. This can help guide you, especially if you are new to prayer and hearing God speak directly to you.
- Review your journal for areas in your own life that you will want to incorporate into your prayer time.
- Come to the prayer time focused, without your to-do lists or thoughts of what you have scheduled next. Do not bring a mobile device or other distractions.
- You may want to have a piece of paper and a writing instrument in front of you while you pray. You can also write some of your thoughts on pages 65-66 in your Rooted book.
- Consider fasting prior to your prayer time if you are physically able.

*What is Fasting and why should we do it?*

*In order to make the most of your prayer experience, we recommend you spend time preparing to hear from God. One of the disciplines that helps with this is fasting. Fasting is a way we eliminate the noise and distractions of the world around us and focus more completely on hearing God's voice. Fasting is giving up eating a meal or multiple meals. While we fast, we are reminded and become more aware of our dependence on God. By fasting, we intensify our prayers, place ourselves in a position of submission, and become more sensitive to hearing God's voice.*

**Prayer Time (60 MINUTES)**

Now you are going to spend time alone with God. The thought of praying for an hour may be overwhelming to you. That is why we have given you an outline and a timeline below. You will likely find the time will go by very quickly. The reason we spend this length of time for the prayer experience is to give time for your heart and mind to quiet down and to focus on God as well as what He wants to say. With that said, the goal of this prayer experience is not to reach a time goal but to spend quality time listening to and speaking with God.

**(5 Minutes)**

Beginning Your Prayer Time

- Begin praying by simply saying "Come Holy Spirit." Wait silently for a few minutes to listen to what God might want to say to you.
- If he speaks to you or gives you what to pray about, go ahead and pray about that now.
- If you may want to start your prayer time with some of these Bible passages: Psalm 139, Romans 6:1-14, Ephesians 1: 3-11, Galatians 5:16-26

As outlined in your Rooted book this week, the acronym PRAY is a good model to now practice. Spend time praying in these four areas:

**(5-15 Minutes)**

● **P**raise

Spend time praising God for who He is and what He has done in and through your life. Tell God what you are thankful for. Look back and reflect on your notes from your Group Prayer Experience.

Spend some time worshiping God for being:

- Our Creator
- God with us
- Our Provider
- Our Savior by sending Jesus to die for our sins
- Victorious over sin and death
- Our Healer
- Our Peace that passes understanding
- Our loving and caring Father

**(5-10 Minutes)**

● **R**epent

Spend time repenting or confessing sin in your life and asking for forgiveness. Also, spend time asking God to reveal areas of your life that need to change or sin in your life of which you are unaware.

**(20-40 Minutes)**

● **A**sk:

Take time to pray for others and yourself. Ask God to help you see what only He can do, and what your role can be in helping yourself and others. Take time to pray for:

- Your family, friends, neighbors, co-workers
- Specific needs you have written in your Rooted book
- For your Rooted group members and prayer requests they have shared
- For Sun Valley and all churches around the world to accomplish His will on earth as it is in Heaven
- For your purpose
- For those with whom God wants you to share your story
- Your community
- Our nation and leaders
- The world and world leaders
- What God wants your group to do and where you should serve
- People who are sick and in need of healing
- People you know who need to say Yes to Jesus
- People who are going through a difficult time or situation in their life
- People God wants you to invest in

- In all things, pray that you are within His will
- Pray for God to give you more wisdom
- For a closer relationship with God

**(5-10 Minutes)**

- Yield

Just as we started our time in prayer listening to God, you can finish your prayer time doing the same. Ask the Holy Spirit if there is anything else He wants to speak or reveal to you. Just sit quietly and wait for the Holy Spirit to speak to you.

**PRAYER EXPERIENCE DEBRIEF**

Reflect on the following questions and be prepared to share with your group next week:

- How you heard God's voice, what this focused prayer time meant to you, and how it affected you.
- How the fasting time prepared you and whether your prayer time felt more intense from the discipline.
- Any other relevant feelings or revelations from God during this time in fasting and prayer and if you want to continue to add this to your life on a more regular basis.

Use the space below to record your thoughts and reflections: