

Small-Group Discussion

Segment 1: What Is Prayer?

1. When and where do you like to pray?
2. Share a time you experienced God while praying.
3. If a friend asked you how to pray, what would you say?

Segment 2: How to Pray (*Lectio Divina*)

1. What are some different kinds of prayer?¹
2. Father Toups says, "Prayer is responding to and relating to God." What does this mean to you?
3. We often forget to listen to God when we pray. One way to listen is to read and reflect on Scripture. How is praying with Scripture different from studying it as we would do in a theology class?

Segment 3: What Happens When I Pray?

1. Was there ever a time when you found it difficult to pray? What, if anything, did you do about it?
2. Are you willing to make a commitment to deepening your prayer life? If so, be specific. When will you pray? For how long will you pray? What will you pray? Challenge yourself, but set realistic goals.²