

## **Prayers of Contemplation**

**Luke 5:16, Jonah 2:3-7, Matthew 6:25-30**

**November 18, 2018**

### **WARM-UP QUESTIONS:**

1. What do you typically “talk” to God about in prayer? How do you “hear” back from God in response?
2. When you are working or thinking through an issue, how do you go about it?
3. Do you find silence and solitude comfortable?
4. How often do you have time alone? How do you spend usually that time?

### **REFLECTION QUESTIONS:**

1. Pastor Jason presents contemplative prayer as a journey from Solitude to Struggle to Surrender to Serenity. Does contemplation always need to involve solitude? Are there other ways to a deepened awareness of our relationship with God?
2. What does it mean to struggle in prayer? What does it take to actually get to this point of struggle in prayer?
3. Consider the story of Jonah. Why do you think it took three days in isolation for Jonah to reach the point of surrender?
4. Read Matthew 6:25-30. What contrast is Jesus inviting us to see?

### **APPLICATION QUESTIONS:**

1. Through this sermon series, how has it impacted your experience of prayer? Share about the struggle you have experienced and if or how you have gotten past that point for certain issues.
2. Describe the point of personal surrender. Why is it scary to even consider it? What would surrender mean for you on an issue you have been struggling with God with?
3. Pastor Jason says “God often answer our prayers by placing us at crossroads, but with the knowledge that He is still with us and is still in control.” How does it affect your perspective on your life’s current events?
4. Pastor Jason says, “Like Tom Hanks in the movie, Castaways, sometime we need to crash into solitude.” Make a plan to spend some time with God this week, and let your group know what happens.