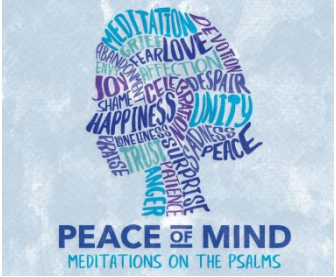
LIFEgroups



Open

Go around and let everyone answer...

What do you believe is the main cause of the widespread loneliness and despair in our society today?

DIG

READ: Psalm 88:1-2, 9, 13 (Here in the New International Version)

LORD, you are the God who saves me;
day and night I cry out to you.
May my prayer come before you;
turn your ear to my cry.
I call to you, LORD, every day;
I spread out my hands to you.
But I cry to you for help, LORD;
in the morning my prayer comes before you.

What does the writer of this song do when his heart is filled with loneliness and despair?
What could he do instead?

Describe a person who would pray like this.

If this person doesn't see an immediate and obvious improvement in his situation, does it mean his prayers were useless? Explain your answer.

Do you believe the only purpose in prayer is to get a response?
Why else would a person pray?

APPLY

What generally causes you to stop what you are doing and pray?

Are you satisfied with the way you pray, its depth and frequency?
How can we help each other have a richer relationship with God?

Is there someone you would like the rest of the group pray about?

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Leader

Big Idea

Prayer should be a first response to any critical need in life, not the last resort. Make prayer a regular habit.

Real Life

Take time at the end of this study for a time of prayer. Encourage every person to share a particular concern, worry, or stress factor in his or her life right now.

Group Fun

Prayer can be very personal, but praying with a group adds focus and intensity for most people. Without pressuring every person to participate, give an opportunity to let every person pray out loud in the group. Use the group time as an opportunity to practice praying out loud with others and for them.

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