





COMMUNITY GUIDE

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WEEKLY APPLICATION

TAKEAWAY: Spiritual Formation is both active and passive.

HEAD CHANGE: Spiritual Formation is a life-long journey.

HEART CHANGE: Spiritual Formation begins in the bible.

LIFE CHANGE: Spiritual Formation requires all of you.

OVERVIEW

Prayer: More Practice Than Theory

Scripture teaches, “don’t be anxious. Just pray.” Maybe we don’t because prayer comes with plenty of reasons to be anxious. Prayer itself makes us anxious because it uncovers fears we can ignore as long as we don’t engage deeply, thoughtfully, vulnerably with God.”

Tyler Staten

“This is the way it is with spiritual disciplines – they are a way of sowing to the Spirit. The disciplines are God’s way of getting us into the ground; they put us where he can work within us and transform us. By themselves they spiritual disciplines can do nothing; they can only get us to the place where something can be done by God.”

Richard Foster “Celebration of Discipline”

1 Timothy 4:7-8 (NLT) - Do not waste time arguing over godless ideas and old wives’ tales. Instead, **train yourself to be godly.** “Physical training is good, but **training for godliness** is much better, promising benefits in this life and in the life to come.”

DISCUSSION QUESTIONS

1. What stood out to you in this teaching? Why do you think that resonated?
2. Did you relate to any of the honest anxieties of prayer?
3. What does the phrase “pray what you’ve got” mean to you. How does that make you feel?

CLOSE IN PRAYER

Father, we can’t do any of this without You. We recognize that you are in control. Give us grace to hunger for your words more than those of anyone else. We accept your truth as the supreme authority in our lives. In Jesus name, amen.

IN THIS TOGETHER!