



## **Tri-Village Sermon Discussion Questions**

Topic: *Praying Throughout Your Day*

Text: 1 Thessalonians 5:17 & Ephesians 6:18

Service Date: November 23, 2025

Note: The questions are only a starting point for discussion. Don't hesitate to modify, adapt, or highlight only specific ones to fit your group and/or personal study.

### **Getting Started**

- We all have rhythms in our life. Some rhythms are things we do throughout a week and don't even realize. Is there anything you do each week so often that you don't even realize it (e.g. commute for 45 minutes to work, drink coffee in the morning, etc.)? What does this reveal about how often (or little) we pay attention to certain rhythms in our lives?
- What's the first thing you typically do when you wake up (besides the restroom)? After hearing about the University of British Columbia study on first actions, are you setting yourself up for a positive or stressful day?
- Have you ever set intentional times to pray throughout the day? How did that impact your walk with Jesus and your overall awareness of His presence?

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### **Sermon Discussion**

- What currently keeps you from talking to God throughout the day? What is one small thing you could eliminate or adjust to create more space for Him?
- Who does most of the talking during your prayer time — you or God?
- How can you learn to listen more in your prayer time? Do you think practicing silence or "listening prayers" changes that balance?
- Read Psalm 84:2. When was the last time you quietly rested in God's presence with no agenda? How does your emotional state influence your desire to be close to Him?
- Why do you think we turn to self-help books so quickly, yet hesitate to invite God into our daily decisions?
- Would those around you (family/friends/co-workers) notice if your prayer rhythms grew more consistent? What do you think it would take in your life to have a more consistent rhythm when it comes to praying?
- Have you ever seen God stretch your time or resources when you prioritized Him? For example, moments when 90% of your income seemed to go further than 100%, or when

your day felt longer because you gave the first part to Him.

- Which part of your daily routine feels the most spiritually “rushed”? What small change could make that moment more intentional?
  - When do you personally feel most aware of God’s presence — morning, afternoon, evening? Why do you think that is?
  - Think about your prayer life one year ago. What’s one area where you’ve grown, and one area you’d like to strengthen?
  - What’s one “daily habit” (coffee, news, social media, etc.) that consistently gets your attention before God does? What would it take to flip that order?
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### **This Week’s Action Response**

- D.A.I.L.Y. in the sermon stood for:

D- DEPEND on God daily  
A- ABIDE in His presence  
I- INVITE God into every moment  
L- LISTEN for His voice  
Y- YEARN to know God deeper

What does a truly D.A.I.L.Y. prayer lifestyle look like for you personally — not ideally, but realistically? What’s your next practical step this week?

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### **Upcoming Impact Opportunity ([tri-village.org/events](http://tri-village.org/events))**

- Caroling at Nursing Homes- Wed., Dec. 3, 5:30-7pm
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### **40 Days of Prayer ([tri-village.org/40daysofprayer](http://tri-village.org/40daysofprayer)) October 27 – December 5**

Available Prayer Space- Every Monday during the 40 Days of Prayer, the Sanctuary will be open from 7am to 7pm. There will be no set agenda, just a place where you can come and quiet your heart while you pray.

Have a way that God has worked recently through prayer? Visit [tri-village.org/40daysofprayer](http://tri-village.org/40daysofprayer) and share your story.