

HOST AND HELPER NOTES





SMALL GROUP COACHING

BIG IDEA

This week, we are looking at "Why and how can I pray?" "Prayer isn't part of our relationship with Jesus, it

is our relationship with Jesus. Without prayer we are religious but we don't have a relationship: a conversational, interactive relationship with the living God." Pete Greig.

- 1. The key tonight is to pitch the questions low. Don't start by saying, "Isn't prayer exciting?!" Some will find it exciting but not everyone will, so pitching the bar low is crucial. Ask, "Has anyone ever tried praying?" or "Has anyone ever known anyone who has tried praying?"
- 2. Remember that most people have something to say on the subject, so give space for people to talk about their experiences.

3. (In-person) You may want to consider praying at the close of your group tonight. If you think your group is ready to pray, you can say, "I will begin our time of prayer, and I have asked Tom [choose one of the helpers in advance] to end the prayer time." Then, keep your prayer very basic, such as, "Lord, I thank you for the beautiful weather today."

(Online) You may want to consider praying at the close of your group tonight. If you think your group is ready to pray, say, "I will begin our time of prayer, and I have asked Tom [choose one of the helpers in advance] to end the prayer time. Unmute your mic if you want to give prayer a try." Then, keep your prayer very basic, such as, "Lord, I thank you for the beautiful weather today."

4. The goal is for everyone to see

- that prayer can be simple. You don't need fancy words, a long prayer, or a certain voice. Keep your prayer very basic.
- There is no pressure with Alpha, so everyone is free to pass if they don't feel comfortable praying.
- 6. One helper should hold back and not pray out loud, just in case one guest also does not pray out loud. This will help the guest to not feel alone.



GROUP GOAL

Introduce prayer in a way that is accessible to all guests.

PERSONAL GOAL

For guests to take a step to grow in personal, daily prayer.

DISCUSSION QUESTIONS:

Icebreaker:

How do you prefer to communicate with people: phone, text, Instagram, or another way?

- 1. What did you think or feel about the talk?
- 2. Have you ever tried praying, or do you know anyone who has tried praying?
- 3. How did it go?
- 4. What do you think about the idea of God answering prayer?
- 5. Have you ever prayed and a coincidence happened?
- 6. In the talk, various reasons for praying are given. Which of these do you relate to and why?