






	Prayer & Busyness
 BIG IDEA	The antidote to busyness is honest prayer about everything.
 ICE BREAKER	When someone asks "How are you doing?" what's your most common response? Do you find yourself saying "I'm busy"? What do you think you're really communicating when you say that?
 MAIN POINTS	<ul style="list-style-type: none"> ● Busyness Disconnects Us From God ● God Cares About Everything in Your Life ● Prayer Should Be Honest, Not Perfect ● Jesus Modeled Slowing Down <ul style="list-style-type: none"> ○ Jesus withdrew to pray before major tasks ○ Jesus rested and recharged after hard work ○ Jesus prayed through important decisions ○ Jesus prayed through grief ● Prayer Has the Power to Transform Us
 DISCUSS	<ol style="list-style-type: none"> 1. On a scale of 1-10, how would you rate your current pace of life? What's contributing to that pace right now? 2. When was the last time you had an honest, unrushed conversation with God? What made that time possible? 3. Rachel said "hurry is the death of prayer." What does that statement mean to you? Have you experienced this in your own life? 4. Read Philippians 4:6-7 together. What's the difference between "prayer" and "supplication"? Why do you think both are important? 5. Rachel mentioned that we often say we'll pray for something but then get too busy and forget. Why do you think this happens? What would help you follow through? 6. Rachel shared her daughter Elliot's simple, honest prayer. What keeps our prayers from being that honest and conversational as adults? What would change if we prayed more like that?
 NEXT STEP	What is one practical step you can take this week to slow down and create space for honest prayer?
 SCRIPTURE	<p>Philippians 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God.</p> <p>Luke 6:12-13 One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them.</p>
 NEXT WEEK SNEAK PEAK	Join us next week and invite a friend as we start the Christmas series: Advent

Questions or Feedback? Email Groups@CentralAZ.com