

Prayer Experience for Life Groups #2
Audio – Guided Prayer

30min Group Preparation

- Remind them to turn their phone off for the entire prayer experience
- Ask the group to read Psalms 19 silently and then ask the following questions for group discussion
 - What stands out to you in this passage?
 - What does God want us to know about Himself, His work and word?
 - What is the Holy Spirit saying to you through this passage?

60min Individual Prayer in a Common Room

1. Have each member get comfortable making they can move, stand, and kneel without interrupting their neighbor.
2. Let the group know that they will be guided through the prayer time by an audio guide.
3. Start the video/audio link to the 60min guided prayer experience <https://www.austinstoneworship.com/spending-an-hour-in-prayer/>

Debrief and Meal

Take time to debrief the experience, over a meal together if possible. Share how you heard God's voice and what this focused prayer time meant to you. And how it affected you.