

Prayer Experience for Life Groups #3  
Reflections on Jesus' Example and Living

**30min Group Preparation**

- Remind them to turn their phone off for the entire prayer experience
- Ask the group to read Psalms 19 silently. Then ask the following questions for group discussion
  - o What stands out to you in this passage?
  - o What does God want us to know about the wicked and the righteous?
  - o What is the Holy Spirit saying to you through this passage?
- Move into a space where you will not be interrupted

**60min Individual Prayer**

In prayer we are led by the Holy Spirit to look deeper in. Deeper into the heart of God, deeper into the truth of His word and deeper into our own hearts as He reveals to us those areas that we have attempted to hide away from His view and the view of others. Take time to allow him to speak by His word and by His spirit as you journey deeper in.

Read: Don't give in to the temptation to simply glance over the following passages. Some of which may be very familiar to you. Take time to read them and in turn allow them to read you. You may find it helpful to read each passage a few times pausing each time before reading and asking God to speak the truth of each word to your heart.

Reflect: After reading allow time and space to reflect or ponder in your heart what you have just read. Allow God's word to become His word to you and illuminate the deep truth of the text by the Holy Spirit.

Pray: After you've read and reflected on the passage move on to prayer. Through your spoken and written word and dedicate the truth of His word to Him in your heart.

Contemplate: Then contemplate on the truth of what has been revealed through his word. God speaks... take time, listen, wait and rest in the reality of His presence and the fullness of His love.

Scripture: Philippians 2: 1 - 11

Silent Reflection

Responsive Prayer/Journaling

**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.