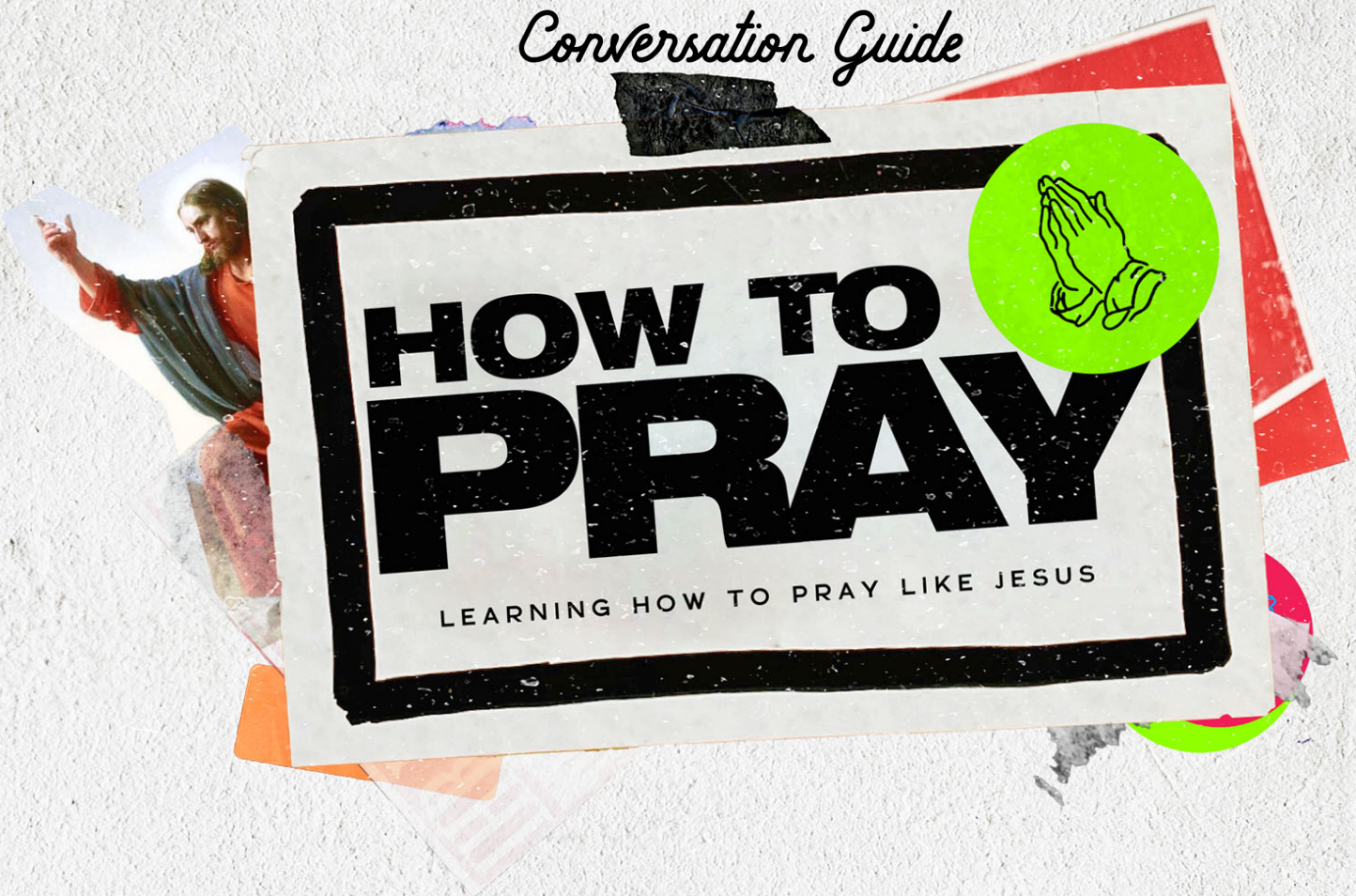


one groups

Conversation Guide



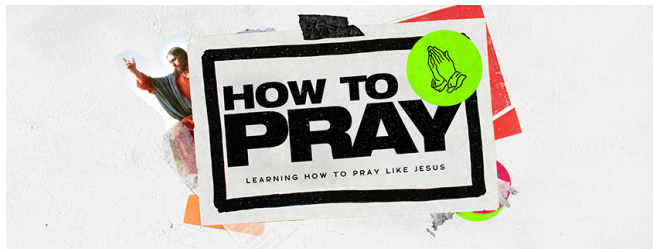
BRENTVIEW

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SUGGESTED MEETING FLOW

Total Meeting Time: 1hr 45mins (*Times included below as an example*)

Time	Activity	Purpose
20 Mins 6pm - 6:20pm	Hang out, serve food, settle kids in [if relevant]	Enjoy time together!
10 Mins 6:20pm - 6:30pm	While still eating, gather together. Introduce the slightly changed format which includes a video series called "Prayer Course." Take 5 Mins to review the sermon (see the guide below), prior to starting the video.	An important transition so you all step into the "formal" part of the meeting in a meaningful way.
60 Mins 6:30pm - 7:30pm	The Prayer Course video series. Each video can be found here: https://prayercourse.org/sessions/	This helps us to remember the value of having fun together!
10 Mins 7:30pm - 7:40pm	Spend time checking in and connecting about upcoming meetings / FOR Project / etc.	Each week we will explore core ideas from the previous sermon.
5 Mins 7:40pm - 7:45pm	Hang out, eat left over food and/or dessert. Make sure to help with clean-up!	Fun matters. Enjoy time together.



SERMON-BASED CONVERSATION & FORMATION

How to Pray #1 - Our Father

Briefly Debrief the Spiritual Practice (5 mins)

Take a brief moment to allow people to share about their experiences with the previous week's practice. If you didn't engage, no reason to feel bad. This is an optional practice for those wanting something to incorporate into their devotional lives each week.

Review (5 mins)

Take a moment to remember the main ideas from the message. Use the notes as a refresher.

Main Idea: "Prayer is about posture and practice, not perfection."

Sub Points (Prayer is about posture and practice, not perfection.)

- ➔ Jesus models HOW to pray while being WHO we pray to.
- ➔ We are designed as praying creatures.
- ➔ Prayer is conversing with Jesus, noticing Jesus, and expecting Jesus to transform real life.

Every pilgrim gets a stone in their shoe eventually. You wake up one morning thinking, Is this really all there is to knowing the creator of one hundred billion galaxies? You read the book of Acts and ask, Why isn't it like that anymore?

Your world falls apart, and you desperately need a miracle. You stare up at the stars and feel things bigger than religious language. You say to yourself, If this thing is true, there's got to be more power, more mystery, more actual personal experience.

And so, finally, you turn to God, half wondering whether you're any more than half-serious, and say, "Lord, teach me how to pray." And he replies, "I thought you'd never ask!" (Pete Greig, *How to Pray*)

Application: Pray the Lord's Prayer

Our Father who is in heaven, uphold the holiness of your name.

- *Thank God for being good and for his abundant faithfulness.*

Bring in your kingdom so that your will is done on earth as it's done in heaven.

- *Pray that God's kingdom of love, justice, and peace will be present in regular life.*

Give us the bread we need for today.

- *Pray for God's provision in your life and in the lives of your loved ones...and beyond.*

Forgive us for the ways we have wronged you, just as we also forgive those who have wronged us.

- *Confess the ways you've fractured relationships with God, others, and creation. Forgive those who have wronged you as well.*

And don't lead us into temptation, but rescue us from the evil one.

- *Proclaim your trust that God's Spirit can guide you towards becoming more like Jesus. Pray for God's protection against the schemes of satanic evil in our world.*

Session 1:

Why Pray?

Small Group Study Guide

1. Introduce the session

5 minutes

Key verse

“Lord, teach us to pray” – Luke 11:1

- In this first session of The Prayer Course, we’ll unpack the importance of prayer and the different topics covered across the course.
 - Begin the session by opening in prayer.
-

2. Watch the Video

20 minutes

Bible passages

Luke 11:1-4, Matthew 6:6-8 - Message translation, Romans 8:26-28

Summary points

- We can ask Jesus to help teach us to pray.
 - Prayer is like a toolbox - there are lots of different ways of praying.
 - Keep it simple. Keep it real. Keep it up.
-

3. Discussion Questions

20 minutes

- Q. What did you find most helpful or most challenging in the video?
- Q. What do you find difficult about prayer? What do you find easy? Why do you think prayer can often feel hard?

Pete says the best piece of advice is to **“Keep it simple, keep it real and keep it up.”**

Keep it simple: “your prayer life is at its best at its simplest”

- Q. What do you mostly talk to God about?

Keep it real: “Don’t role-play before God”

- Q. Do you feel like you have to act a certain way before God when you pray? Why or why not?

Keep it up: “Don’t give up praying too soon”

- Q. Do you find it challenging to persevere in prayer? How can we be encouraged to keep going?

4. Do it

15 minutes

Split into small groups, and share one way you’d like to grow in prayer and your relationship with God over the course.

Leader’s note

You also might like to write down your goals, so that you can revisit them at the end of the course.

Toolshed resources: Why pray?

These can be found at prayercourse.org/toolshed

- How to pray the Lord’s prayer
- How To have a Quiet Time
- How to pray The Examen

TAKE-HOME FORMATION EXERCISE

During this series, feel free to check out the resources provided by the Prayer Course, for your own personal formation: <https://prayercourse.org/toolshed/> This week, we will suggest praying the Lord's Prayer each day. Here's a guide from the Prayer Course Toolshed...

Prayer Tool: How to Pray the Lord's Prayer

What?

The Lord's Prayer is the most famous prayer in history, crafted by Jesus himself. This prayer tool will unpack its significance and demonstrate how it can be used as a model and a map.

Why?

"To this day I am still nursing myself on the Lord's Prayer like a child, and am still eating and drinking of it like an old man without getting bored of it." Martin Luther

"The Lord's Prayer correctly understood is one of the high roads into the central mystery of Christian salvation and Christian experience." N.T. Wright

"To cultivate a deeper prayer life all you have to do is say the Lord's Prayer, but take an hour to do it." Timothy Jones

Bible reference

"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'" Matthew 6:9-13

A quick introduction to the Lord's Prayer

When the disciples asked Jesus to teach them to pray, he crafted a meticulous, memorable, rhyming prototype.

The Lord's Prayer are words we can actually say – and when we repeat these familiar lines, we echo the words of Christ himself, alongside billions of Christians throughout time, all over the world.

This prayer given by Jesus can be used in two quite distinct ways:

As a model. The Lord's Prayer serves as the ultimate prototype. It is a condensed liturgical poem clearly intended for frequent repetition. *It teaches us what to pray.*

As a map. The Lord's Prayer guides us as we express the things on our hearts. Each line can be applied and expanded in personal conversation with the Father. *It teaches us how to pray.*

Do it: How to pray the Lord's Prayer

The Lord's Prayer as a model: knowing what to pray

It was traditional for rabbinic bands at the time of Jesus to have their own unique creedal prayer. John the Baptist's followers seem to have had such a prayer because, when Jesus' disciples asked, 'Lord teach us to pray,' they added 'just as John taught his disciples.' (Luke 11:1)

They weren't just asking Jesus for a few good prayer tips. They were also saying 'We need a statement of faith!' This makes the Lord's Prayer the earliest Christian creed, given to us by Jesus himself some three centuries before the Council of Nicaea.

As such, it is our primary doctrinal foundation for life and faith, well worth repeating regularly so that its foundational truths can slowly shape our hearts and our minds.

An easy way to build the Lord's Prayer into your regular routine is to set a daily reminder for midday.

This will be annoying. That's the whole point. It will interrupt your relentless busyness with a reminder to pause and put first things first, to focus for a minute on what you most truly believe.

And this is not a new idea. In fact the *didache* which was written in the first century AD instructs the first Christians to pray the Lord's Prayer 'three times in the day' - probably mirroring the three fixed times of prayer in the temple, at 9am, midday, and around 6pm.

Understandably, some people worry that mechanical recitation might turn into the kind of 'vain repetition' that Jesus explicitly warns us against, just before he gives the Lord's Prayer in Matthew 6.

Clearly it's important that we don't recite the Lord's Prayer mindlessly, or treat it superstitiously- but rather use this powerful prayer to shape our lives and earth our beliefs.

The Lord's Prayer as a map: knowing how to pray

The Lord's Prayer is also a map that helps us to pray our own prayers from the heart. When Jesus said, 'this then is how you should pray,' he was telling his disciples to use it more as a guide than a destination.

Many people find prayer difficult. We get distracted and struggle to know what to say. But praying the Lord's Prayer is a simple answer to these problems.

Just its first two words, 'Our Father' prompt us to pause and pray for our families. 'Hallowed be your name' is an invitation to worship. 'Let your Kingdom come' is an opportunity to request help for the particular people, places and situations on our hearts. 'Give us this day our daily bread' invites us to pray about our most practical needs. 'Forgive us our sins' is a challenge to name the ways in which we have sinned.

Prayed in this way, each phrase of the Lord's Prayer becomes an invitation to embark upon our own personal adventures of adoration, petition, intercession, confession and spiritual warfare.

Books on the Lord's Prayer

- The Lord's Prayer – William Barclay
- Fifty-Seven Words That Changed The World – Darrell W. Johnson
- Praying the Lord's Prayer – J.I. Packer
- The Lord and his Prayer – Tom Wright

WHERE ARE WE IN THE CURRENT GROUPS RHYTHM?

- Summer Quarter: this is a season of rest for our groups.
- At the start of each quarter, we all gather at the church for a Groups Launch Party!
- Each quarter is about 11 weeks long
- Each Group meets once per week. While Wednesday is a great choice for a weekly Group, we know that some will choose to meet on other days.

WHAT HAPPENS WEEK-BY-WEEK (BIG PICTURE)?

- **WEEK 1:** Church-wide Groups Launch Party! (Wednesday night, 7pm)
- **WEEK 2:** First meeting as a group, likely in a home (but not limited to this). Review shared commitments which will be finalized in week 3. This includes, but isn't limited to, your group's involvement in the current FOR Calgary initiative.
- **WEEK 3:** Finalize Shared Commitments. (See Attached)
- **WEEKS 4-10:** Do life together! Meet weekly, utilizing the materials provided—for One Groups, this is sermon-based discussion, etc.
- **WEEK 11:** Reflect on the last 10 weeks. Engage in sermon-based conversation. Fill out One Group reflection sheets. Put the following Quarter on the calendar!
- **BETWEEN QUARTERS:** At Brentview, we highly value margin in the calendar. We create clear and predictable rhythms for our Groups so that they are highly accessible and deeply intentional. Also, more margin means that your group can “organically” create times for having fun together. How will you all continue to be in relationship during the gaps in Quarters? Meals, parties, outings, movies, kids play-dates, etc. are some ideas to start with! The December break, for instance, creates a great opportunity for Christmas parties, walking with a hot drink to look at lights, etc.