

Life Transformed: The Way of Love in Lent

Session 2 Pray Small Group Facilitators 2/25/21

Potential Check-In Questions:

What's been working well with your "Turn" practice? What hasn't been working well?

What did you learn about yourself? About God? What adjustments might support you in the Way of Love?

What has surprised you about your "Turn" practice?

Name a gift that your practice has given you this week?

Small Group Discussion: Pray

PRAYER is one of the essential components of walking the Way of Love. Yet, some people can find it intimidating, frustrating, or hard to practice. In your group, spend some time discussing your prayer life:

- Which of the prayer styles from the catechism speak to you? Is there one that comes naturally?
- Which of the prayer styles from the list (adoration, praise, thanksgiving, penitence, oblation, intercession, petition) seem hard or strange to you? Would you be able to spend some time in the next week trying these styles?
- Many people conceptualize prayer as a stationary activity done in solitary silence; however, as we read in Exodus 14, people pray in many different ways, including with their bodies and with music. The Book of Common Prayer defines "prayer" as "responding to God, by thought and deeds, with or without words" (p. 856). Have you encountered any kinds of prayers that have been a welcomed surprise to you, such as walking a labyrinth, using

prayer beads, journaling, coloring, or singing? If so, what are these prayer styles like for you? If not, would you be willing to give some a try?

- What constitutes a prayer for you?
- Share a story about a time when your prayers were answered.
- What is your current prayer life like? Does it feed you or are you in a “desert place” that feels barren?
- Do you find it hard to make time for prayer? If so, is there one small change you can make to your schedule to open up a space, like the parting of the Red Sea, to let the Holy Spirit enter your heart through prayer?