



Wiii Worship

Wiiik Two

Small Group Lesson

West Side Christian Church





Prayer Experience Directions

This prayer experience is designed for small groups to experience God and community in a fresh and powerful way.

Preparation:

1. Place chairs in a circle.
2. This experience works best in a sacred atmosphere. Though not required, placing candles throughout the room and/or dimming the lights is helpful. If you lead the group at someone else's home, you'll want to contact your host to discuss the logistics of this.
3. Set aside about **ten minutes** at both the **beginning and end** of the lesson for discussion.
4. Watch the clock. This experience consists of 22 different prayer activities – each designed to take about a minute or less. But, some people will naturally want to spend more time praying on some of these. You'll need to remind group members that prayers do not necessarily need to be long to be meaningful, and that conciseness will help everyone have a meaningful experience and allow everyone the opportunity to get through all the activities. Also, if you notice that time is running short, it is acceptable not to pass out every prayer, though we do recommend that you still hand out number 22 even if skipping others. As the leader you have the freedom to tailor this to your group.

Introduction:

It is helpful to preface the prayer experience with a brief discussion on worship.

- a) What aspect of the worship service this week most impacted you? Was it the sermon, communion, singing, etc...?
- b) Have group members briefly define worship. Then, while affirming their answers (so long as they are on the right track) provide them with this comprehensive description of worship: "Nowhere in Scripture is worship actually defined. Nonetheless, Scripture gives us a clear indication that worship involves reverence of God, obedience to God, service for God, praise and adoration to God, and humility before God in all areas of life. Worship is our whole-life response to who God is and what He has done."
- c) Transition into the Prayer Experience by saying something like "tonight we are going to focus on one component of worship: **prayer**. We'll be participating in a prayer experience." Then briefly explain to the group what they will be doing.

The Experience:

1. Have music playing softly in the background during this prayer experience. Although any worship music can work, we've provided a CD of some background music for you.
2. Hand each person one prayer card at the beginning of the experience.
3. Each person should follow the directions on their card. When they are done, they should pass the card to the person on their left.
4. The person leading the activity should continue to pass extra cards until none remain, passing them to the left. The goal is for every person to view each card. (Participants will be doing different activities simultaneously throughout the experience.) The activity is over when everyone has done every activity.



5. Pass the cards to the left at your own pace. Let people know that if any part of the activity makes them uncomfortable, they don't have to do it, or can modify it. (i.e. if the directions say stand up...feel free to stay seated if you're more comfortable.)

Wrap Up:

When you are done, it is helpful to debrief as a group.

- a) What did you think of this experience?
- b) What did God teach you?
- c) What was the most stretching part of the experience?
- d) What is something that you can do this week to increase your prayerfulness?
- e) What did you like best about this experience?
- f) Etc.