



GROWTH GROUP DISCUSSION QUESTIONS Spring Quarter - Lesson 1 - Week of April 13, 2025

Lesson: PRAY AND WORSHIP THROUGH IT

Bible Verses: Acts 16:20-30; I Timothy 2:1-2; Psalm 6:9; Matthew 21:22; Psalm 95:6; John 4:24; Philippians 4:6

GETTING TO KNOW YOU

1. When was the last time you did something for the first time?
2. Share a wow moment from last week.

DISCUSSION

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God." - Philippians 4:6

Reflection: Do you worship God only on Sundays? God can be worshipped as often as you choose. He wants us to worship Him in the good times and the bad.

Situation: By the time Paul wrote this letter to Timothy, he had already experienced the full breadth of the Roman Empire's legal and prison system. Paul had encountered many problems that required him to pray and worship God during his difficult days. The apostle was aware of Rome's power and countered it with respect and honor. He knew God was in control. Paul experienced tough times in his life, and he set the example of praying and worshipping through them. Read Acts 16:20-30.

Exploration:

1. How do you see Paul worshipping God in these verses?
2. What elements should characterize the prayers of God's people?
3. How can people show their respect and love for God?
4. Do you pray to God and worship Him in times of trouble?

Inspiration: God never places you on hold and tells you I will get back to you later. He loves the sound of your voice. You can call on God at any time and watch Him move! He does not hide when you call. He hears your prayers. For that reason, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God" (Philippians 4:6). All of us experience anxiety from time to time. With this verse, the apostle calls us to act against anxiety. Whatever causes anxiety to visit your mind, talk to God about it.

Until this point, Paul has been assuring us of God's character: His sovereignty, mercy, and presence. Now, it is our turn to act on this belief. God wants us to pray to Him and worship through whatever has visited our lives. We choose prayer over despair. Peace happens when people pray and worship.

God calls us to pray about everything. The terms prayer, supplication, and requests are similar but not identical. Prayer is a general devotion; the word includes worship and adoration. Supplication suggests humility. We are the supplicants in the sense that we make no demands; we simply offer humble requests. A request is precisely that - a specific petition. We pray for the particulars of our problem.

This is no endorsement of a demanding, conditional prayer that presumes to tell God what to do and when. Do not think for a moment that the power of prayer resides in the way we present it. God is not manipulated or impressed by our eloquence. But he is moved by the sincere request. As His children, we honor Him when we tell Him exactly what we need. Read Luke 18:41.

1. What do you want Jesus to do for you?
2. Do you struggle to express your desires to God?
3. What is the connection between peace and praising God?
4. How does an attitude of thankfulness change your perspective on your problems?

How to Pray and Worship Through Troubles

1. Express your emotions to God.
2. Turn your worries into prayer.
3. Remember God's faithfulness.
4. Read scripture.
5. Seek fellowship with other believers!
6. Remember that God is bigger than your circumstances.
7. Engage in worshipping God daily.

Devotion: Father, you deserve much more than we ever give, but we ask that you accept our worship and hear our prayers. May we align our plans with your purposes through faithful prayer and sincere worship.

Prayer Focus: God, help me to communicate with you more openly and surrender to your guidance.