



Five Reasons You Should Talk to God More | Doug Wekenman | 10.24.21

Weekly Study

START

To get things started, go around the circle and answer the following questions:

What's your favorite Halloween candy or fall snack?

SHARE

Welcome back to Week Three of Starter Pack! This fall, we are getting back to the basics and learning to study Scripture, pray, fast, and invite.

These next few weeks are going to be pivotal for learning how to follow Jesus together. To do that, we are all going through the 35-Day Starter Pack Devo together. If you don't have your book yet, make sure you pick it up this Sunday. Before we dive in, take some time to check in with your Group by answering these questions.

How has your prayer life changed in week three?

In what way(s) has prayer changed you or your perspective on your current circumstances?

What was the most challenging part of your week?

What was the highlight of your week?

GROW

Read Psalm 131:1-3

Why do you think David starts his prayer by saying, "My heart is not proud, LORD, my eyes are not haughty"?

What words does David use to describe himself in verse 2?

David prayed constantly and in every situation. Because he practiced prayer so regularly, David saw the results from it. The results were not necessarily his situation and circumstances changing to his liking but resulted in a calmed and quieted heart while becoming content.

This quiet heart and contentment are not just available to David. In the New Testament, we're told we have access to the same thing! In Matthew 11, Jesus tells us to give Him our heavy burdens and take his light one. In Romans 8, we're told the Spirit takes away fear and gives us hope. In Galatians 5, Paul says peace is a fruit of the Spirit. In Philippians 4, Paul talks about learning to be content in all circumstances. We have been given such generous gifts through prayer! Take hold of them this week as we focus on prayer in the starter pack!

What burdens are you carrying around that you have no business trying to hold? How can prayer help you give those back to God this week?

As you meditated on the word of God last week with Starter Pack, did you feel your soul become more calmed and quieted? Do you feel more content and hopeful?

M O V E

1 Samuel 16: 1-13

What do you think is the tone in God's voice as he talks to Samuel?

What does this passage say about God's heart for David, The youngest of his brothers?

This passage reminds us that God not only speaks to those who are listening and talking to Him, but He also gives direction to where He is leading those who are willing to be led by Him. This is week three of the starter pack, where we are diving into the topic of prayer. Prayer is simply talking to God as if you were talking to a friend and inviting Him into your life. Scripture makes it clear that the Creator of the universe longs for a personal relationship with us in every part of our lives, and yet how often do we take Him upon it?

Both Samuel and David understood that communing with God was the one thing that kept them moving forward when they needed direction, strength, council, a friend, etc. Prayer was one thing that was the most important to their life on this earth because it gave them access to the Father. They understood that God wants to be a part of their life and that He is with them and for them no matter what. All they had to do was talk to Him and trust the words He spoke.

How often do you talk (pray) to God like He's your closest friend?

Is there something this week that you could talk to God about? If so, invite Him into that area of your life for both direction and peace.

P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

TO GO

- *“My heart is not proud, Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content.”*
 - *Psalm 131: 1-2*