



We are spending September 2025 across all our services, thinking about prayer. What is prayer? How do we pray, both individually and corporately? And what practices help us as we engage in this most vital and life giving activity. These Home Group questions are based around the Sunday morning talks at 9.30am as we consider Rhythm, Relationship, Receiving, and Release. More prayer content can be found from our 6.30 and Wed@10 services too.

1. [Outside of prayer]What are some of the rhythms in your life?
Can you share a daily, a weekly and a yearly rhythm?
2. If you could only choose 1 (or at most 2) words to describe your prayer rhythm, what word would you choose?
3. How does talking about your private prayer time with others make you feel? You can be honest!! Can you pinpoint why that's the case?

Read Psalm 1

4. V2 - What do you think it means to 'delight in the law of the Lord'? Have you ever delighted in the Bible?
[Leaders note – the Law of the Lord is the psalmists way of referring to the scripture he had access to, i.e the first 5 books of the Bible. We widen this for contemporary Christians to mean the whole Bible.]
5. The psalmist's delight is sustained by 'meditating on the Bible day and night', meaning morning and evening. What time of day have you found most beneficial for you to spend time with God in prayer?
6. Have you considered using the KPC prayer rhythm (see website or card), or something else? What little steps might you consider for a daily prayer rhythm? What will make it hard?
7. What things might make up a monthly or yearly prayer rhythm for you? What might make it hard to do these things?
8. Having read v3 again, how would you describe this 'tree' in your own words?
9. Is there one word related to that tree, that you'd particularly like to see evidenced more in your own life?
10. How do you think the relationship works between spending time with God and becoming like this tree?
11. Can you think of a time when you have been at your most hungry, or desperate in prayer?
What was that like?
12. In his sermon Steve talked about prayer challenging our sense of independence and calling us to depend on God. How can we bring the hunger we experience when we are desperate for God into our everyday prayer life?

Finally

- 1) Pray for each other's prayer rhythm – for determination and grace in setting time aside for God.
- 2) Pray for one another's word (from Q9) – that it would be a fruit of this new prayer life.
- 3) Ask how accountable people would like to be for their rhythm (i.e do they want you to ask them how it's going?)
- 4) Are there any other prayer needs/requests that the group can pray for you?