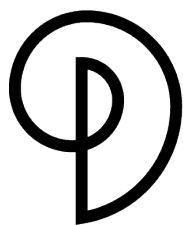
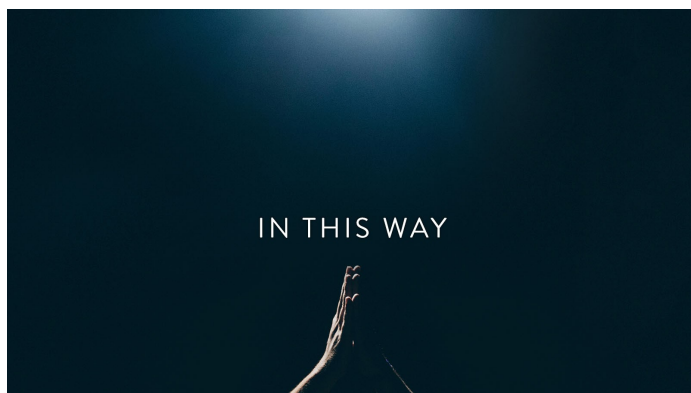


# SMALL GROUP STUDY GUIDE



PRINCE  
OF PEACE  
Called to Connect



## In This Way ... Center

March 9 & 10, 2024

Many of us feel inadequate in our prayer life; we worry that we will get prayer “wrong.” Throughout this seven-week series, you will be guided through many types of prayer. To pray “In This Way” gives us many paths of entering a holy conversation with God by following the example of Jesus.

## SCRIPTURE TEXT: LUKE 5:15-16

Read the scripture text together as a group.

### BACKGROUND INFO

Jesus spends lots of time away from people, in wilderness areas or places where he can be alone, usually right before or after large healing or teaching events. Jesus takes time to center his spirit so that he can truly be present with those who need him to be present. In this way, may God, through our prayers, center us so that we can be present too.

### DISCUSSION QUESTIONS

- In his sermon, Pastor Paul Dean told us about his experience with “Stupid Tuesday”: the day his family was overscheduled and stretched thin to the point of breaking. Share about a time in your life that you were overscheduled and stretched dangerously thin.
- To regain balance in his family’s life, Pastor Paul and his wife committed to spending intentional “down time” together. How do you maintain balance in the midst of your busyness? What have you had to give up or dial back to have intentional down time in your important relationships?
- ***The Gospel of Luke tells us that Jesus had some stupid Tuesdays as well. But he developed a different sacred practice that centered him for the ministry he was called to do.*** Reread Luke 5:16. How do you carve out time to be fully present with God? Where do you go? Share about a time that spending focused time with God helped you feel empowered for the ministry you were called to do.
- During worship this week, we spent some time in centering prayer using *The Daily Examen*. Share about your experience with this prayer practice. What was challenging? What was powerful? What did you take away from the experience?

**CHALLENGE:** Using The Daily Examen as a starting place, spend time in centering prayer this week. Feel free to modify it however you need or like to make it work for you! Remember, there is no “wrong” way to pray!