

Go Deeper Life Group Study

BREATHE

Breathe Deep
January 12, 2020

ICE-BREAKER...

If you could be invisible for a day, what would you do?

GROUP DISCUSSION...

1. **READ Exodus 3:5.** Do you have any “Burning Bush” moments where you suddenly became aware of God’s presence? How often do you think about God throughout the day? When you think about God is He close or distant?
2. **READ Philippians 4:4-7 & 1 Thessalonians 5:16-18.** What is the relationship between rejoicing, prayer, and thanksgiving? To what extent do your prayers reflect both rejoicing and thanksgiving?
3. **READ Hebrews 4:14-16.** When you pray, do you pray with confidence? Why or why not? What is the source of our confidence? How does this change the way you pray?
4. What role does prayer have in your relationship with God right now? What is one thing you could do this week to A) Pray in the morning B) Pray throughout the day or C) Pray in the evening? How would that adjustment strengthen your connection to God?
5. Close your group by praying **Psalm 23** or **The Lord’s Prayer** out loud together.

ACTION STEPS...

1. Consider praying a different Psalm every day. If you feel like the Psalm isn’t relevant to you, pray it on behalf of someone else. For example, if you are praying Psalm of Lament, but you are not sad right now, think of someone who is going through a hard time and pray on their behalf.
2. For more structure to your prayer life, find a daily devotional that includes both regular scripture and a prayer prompt. There are many available in hard copy and online. One suggestion is *Daily Office* by Peter Scazzero.

REMIND YOURSELF DAILY...

PRAYER IS LESS ABOUT WHAT YOU DO AND MORE ABOUT WHO YOU TALK TO.

VERSE OF REFLECTION...

Look to the LORD and His strength; seek His face ALWAYS. – 1 Chronicles 16:11

ANNOUNCEMENTS...

- **LIFE GROUP LEADER TRAINING** – Sunday January 19th // 10:45 AM // C56 room
- **WOMEN’S 2020 KICK OFF** – Saturday January 25th // Leading Edge Academy
- **LIFE GROUP FAIR** – Sunday January 26th // After both services on the patio
- **MEN’S BBQ** – Saturday February 1st // 11:30 AM // Cooper Sky Park // Bring your own Meat!
- **LIFE GROUP PICNIC** – Sunday February 23rd // 1:00 PM // Copper Sky Ramada #1

~ For more information and event registration go to coccopa.com ~