



Summary of Sermon

Catherine spoke on Rhythms of Prayer.

1. How do we establish rhythms (cycles/routines that are natural in creation and enable us to live in a way that is sustainable)? Consider and ask the Holy Spirit to help us plan wisely and live intentionally.

2. How can we ensure our prayers are effective? A lifestyle of faith and living close to Jesus, in conversation with heaven. Matt 17:14-20; James 5:13-18; 1 Tim 2:1-4

“When we pray we enter into the presence and purposes of God -

it can be as natural as breathing -

and we interact with the
conversations of heaven.”

Questions



First, how have we all been able to BLESS this week?

1. What will you do differently in future to establish or improve the rhythms in your life? Share how the rest of the group can pray with you and encourage you in this?
2. Why is 'sabbath' ('pray and play') so important? Share what sort of things do you do (or not do) to have such times.
3. Why is it so important to pray for the Government (1 Tim 2:1-4)? What can we expect to see as a result?