



SESSION 5

How to pray

19A: The amazing adventure of prayer

- What particular things recently have stopped you from praying?
- What are the benefits of prayer? What difference does it actually make?
- Why do you think people pray? What motivates them to start?

19B: Four basic ways of praying

- Have your prayers ever been answered?
- Do you find it easy to talk to God? To say “thank you” or “help” or “sorry”? Do you find it easy to sit in silence and listen to God?
- What’s your experience of reading or praying with the bible?

19C: Prayers and devotions to help you through the day

- What’s your favorite way of praying or your most common way of praying?
- What advice would you give someone who wanted to start praying?
- Did you pick up any religious practices or devotions at home when you were growing up? What are your favorite religious customs?

