
Prayer:

Why and how do I pray?

DISCUSSION GUIDE

The Discussion Guide has three parts:

- Discussion Questions
- Episode Summary
- Tips & Guidelines for Hosting Discussion

This episode ends with a short prayer. At the end of the discussion time, try praying together with your small group. You might simply say a short prayer or give guests an opportunity to pray out loud. In the following weeks hosts can choose to end discussion time with prayer.

Q1

If you could have a superpower, what would it be?

SUPPORTING QUESTIONS

- What is the worst superpower?
- Who is your favourite superhero?

Q2

Why do you think people don't always get what they pray for?

SUPPORTING QUESTIONS

- What questions come to mind when you think about prayer?
- If you were in charge of answering prayers, how would you decide how to respond?

Q3

Have you ever tried praying? How'd it go?

SUPPORTING QUESTIONS

- If you had to describe prayer to someone, what would you say?
- How do you feel about the idea that God is with us when we are struggling?

MORE QUESTIONS

(Lots of groups leave 10–20 minutes after the episode is done for more conversation.)

- What do you think about this episode?
- Did any specific moments or stories stand out to you?
- If God knows all of our needs, why does the Bible tell us to pray?
- Ben talked about going through a challenging time and experiencing peace when he prayed. Have you ever experienced anything like that?
- What do you think about the tips on prayer that Landry and Jassie gave? Keep it real, keep it simple, keep it going.

Episode Summary

BIG IDEA

Simply put, prayer is talking with God. Jesus makes it possible for us to have a personal relationship with God. Just like all of our relationships, our relationship with God grows through communication. Through prayer, God transforms situations, gives us peace, changes our perspective and shows us more of what he is like.

KEY QUOTES & SCRIPTURES

For through him [Jesus] we both have access to the Father by one Spirit.

EPHESIANS 2:18

You can pray about anything - little things and big things. God cares about everything, from what's happening in your family, to what's happening around the world.

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret will reward you.

MATTHEW 6:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7

When a train goes through a tunnel and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the driver.

CORRIE TEN BOOM

Tips & Guidelines for Hosting Discussion

Discussion in small groups is the most important part of every Alpha session. Hosting a discussion on Alpha is not about re-teaching any of the content from the episode – the goal is to create a safe place where everyone can share openly and honestly about their thoughts and feelings and ask questions. Remember, the discussion guide is just a guide. Use these questions to spark conversations and bring it back on track when needed.

Alpha is a journey. The more time you spend together as a group, the more people will feel free to open up and share their opinions.

GUIDELINES FOR THE GROUP

- You don't have to talk if you don't want to
- You can ask or say just about anything
(as long as you aren't putting other people down or making it so others can't talk)
- Respect each other by listening and welcoming different opinions
- Keep things confidential when you leave the group

TIPS FOR HOSTS & HELPERS

- Remember names
- Pray
- Be committed
- Show up early to welcome guests
- Stay long enough to chat with guests afterwards
- Keep the conversation alive and balanced
- Be encouraging
- End on time
- If time allows, debrief with your Alpha team to celebrate wins, chat about challenges and share prayer requests