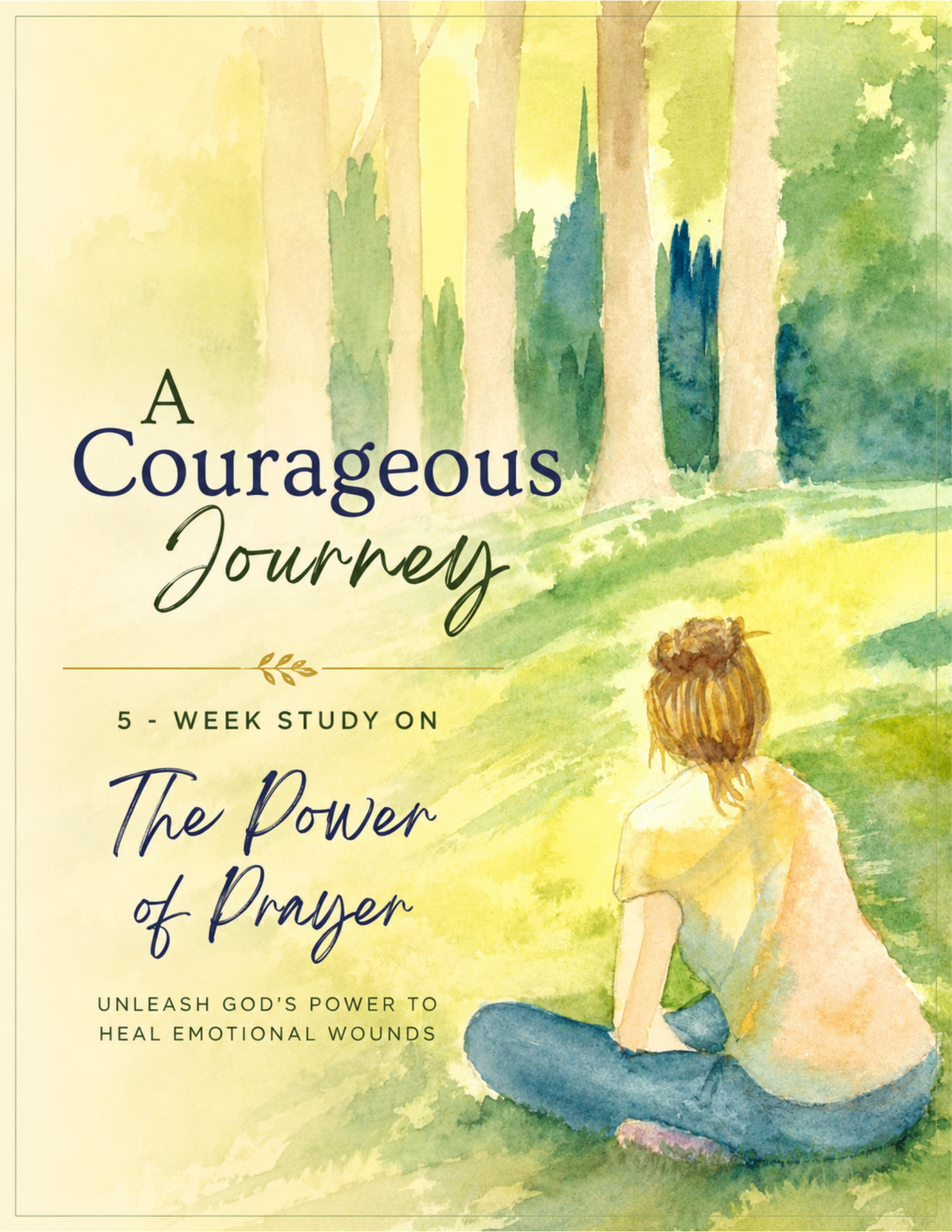


A watercolor illustration of a person with brown hair tied in a bun, wearing a light-colored shirt and blue pants, sitting cross-legged on a grassy hill. They are facing away from the viewer, looking towards a forest of tall, slender trees. The scene is bathed in a warm, golden light, suggesting a sunrise or sunset. The text is overlaid on the left side of the image.

A Courageous Journey

5 - WEEK STUDY ON

The Power of Prayer

UNLEASH GOD'S POWER TO
HEAL EMOTIONAL WOUNDS

Topic Seven: The Power of Prayer (Weeks 32-36)

Five-Week Small Group Guide

Welcome to the *A Courageous Journey* Study Guide!

I'm so glad you've chosen to begin this journey with others. My prayer is that God will use your time together to bring encouragement, healing, wisdom, and deeper relationships with Him and one another.

Feel free to adapt the suggestions in this guide to fit the unique dynamics of your group. Create an environment where everyone feels safe and respected, free to share deeply, answer briefly, or simply listen. Some weeks, God may be doing a quiet work in someone's heart that isn't ready to be spoken aloud, and that's okay.

As you meet together, remember that every person's story matters. Listen with compassion, avoid the urge to fix one another, and keep what is shared within the group confidential. Both spoken words and quiet moments can become meaningful ways that God teaches and transforms us.

One of the greatest gifts of studying together is learning from one another's experiences. As we share how God is working in our lives, He often uses those stories to encourage others and to reveal what He may be speaking to them as well.

May this journey draw each of you closer to Christ, and to one another.

Week 1: Prayer as a Safe Haven

Personal study recap: This week you explored what it means to come to God in prayer not as a religious obligation but as a genuine refuge - and what experiences or fears can make that kind of honest, safe approach to Him feel difficult or out of reach.

Opening question:

- What does it look like for prayer to be a true refuge in your life?

Discussion Questions:

1. What Scriptures had the most impact on you this week?
2. What does your daily prayer practice look like, and how would you like to grow in it?
3. What makes it hard to come to God as a refuge rather than out of obligation?
4. What did you learn about prayer this week that you are having trouble believing?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident when you struggled to see prayer as a safe haven, considering both what happened and the conclusions you drew about approaching God in prayer, and asking Him how your fears or past experiences have prevented you from seeking refuge in His presence through prayer. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One fear or past experience that has prevented me from seeing prayer as a safe haven is _____, and what I sense God wants me to know about approaching Him in prayer is _____."

Closing prayer: Close your time together by having one person pray over the fears and past experiences that were named, asking God to make His presence in prayer feel like the safest place each person in the room has ever known.

Week 2: Prayers of Lament and Honesty

Personal study recap: This week's study encouraged you to approach God with complete honesty, recognizing that authentic prayer includes questions, grief, disappointment, confession, and waiting.

Opening question:

- What does it look like to be completely honest with God in prayer?

Discussion Questions:

1. How honest are you with God in prayer, and where is there room to grow?
2. What Scripture passage from this week was helpful or encouraging to you?
3. What in your life encourages deeper, more honest prayer, and what discourages it?
4. What helps you bring your honest grief or questions to God instead of hiding them?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident when you felt you couldn't be honest with God about your pain or questions, asking what prevented that honesty and seeking the truth God wants to reveal through that experience, including how He receives your honest laments and what freedom might come from bringing your unfiltered pain to Him. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One thing that has prevented me from being fully honest with God about my pain or questions is _____, and what I sense the freedom of bringing my unfiltered pain to Him might look like is _____."

Closing prayer: Close by inviting each person to speak one honest, unpolished sentence to God out loud if they are willing — just one raw and real thing. Then have one person pray over everything that was offered, thanking God that He receives every word with love and without judgment.

Week 3: Prayer for Inner Transformation

Personal study recap: This week you shifted from asking God to change your circumstances to inviting Him to transform your heart.

Opening question:

- What is the biggest change prayer has made in your life?

Discussion Questions:

1. What part of your heart is hardest to surrender to God in prayer?
2. What Bible passages impacted you from this week's study?
3. What character quality is the Holy Spirit working on in you currently?
4. How can you change your prayer life to open your heart to the work that God wants to do in you?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident when you doubted God's transformative work in you through prayer, asking what circumstances or messages reinforced that doubt and seeking the truth He wants to reveal through that experience, including how He sees the work He is doing in you even when you cannot see it clearly yourself. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One circumstance or message that reinforced my doubt in God's transformative work in me is _____, and what I sense He wants me to know about what He is doing in me even now is _____."

Closing prayer: Close by having one person pray over each person's doubts about God's transformative work, declaring together that He who began a good work in each of them will be faithful to complete it, and asking Him to make that truth feel real and alive in every heart in the room.

Week 4: Praying Together for Healing

Personal study recap: This week you learned the importance of praying together in community, and how God's design is for healing to take place within the body of Christ.

Opening question:

- What has your experience been with praying in community?

Discussion Questions:

1. What fears do you have as you contemplate God's plan for prayer in community?
2. How have you experienced others carrying your burdens? How have you done the same for others?
3. What is the best way to cultivate authentic Christian community where prayer becomes a means of healing, encouragement, and spiritual growth?
4. What Bible stories show healthy community in action?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident when you struggled to engage in communal prayer for healing, asking what barriers prevented you from fully participating in that aspect of Christian community and how God wants to work through the prayers of others in your healing journey. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One barrier that has prevented me from fully participating in communal prayer for healing is _____, and what I sense God wants to do through the prayers of others in my healing journey is _____."

Closing prayer: This week close differently — instead of one person praying over the group, take turns praying specifically for the person on your left, using only what they shared or simply asking God to meet them in whatever they are carrying. Let this closing prayer be a living expression of what this week's study was all about.

Week 5: Establishing Daily Prayer Rhythms

Personal study recap: This final week helped you consider if you could move closer toward a consistent, lifelong prayer relationship with God.

Opening question:

- What habits have you practiced or seen in others that cultivate a deep communion with God?

Discussion Questions:

1. What in this week's study impacted you the most?
2. As you've walked with Jesus, how have you seen your intimacy with God grow over the years?
3. What rhythm of prayer would you like to grow in?
4. What is one truth about prayer you've learned this week that could be life-changing for you?

Digging Deeper: This week's Digging Deeper invited you to reflect on a specific incident that has influenced your prayer habits either positively or negatively, considering what patterns or beliefs emerged from that experience and asking God what rhythms of communication would deepen your relationship with Him and support your ongoing healing. Share as much or as little as you feel comfortable sharing.

You do not have to share the details of your experience. If you prefer to keep those private, consider sharing this with the group instead:

"One pattern or belief that has shaped my prayer habits — for better or worse — is _____, and one rhythm of communication I sense God inviting me into that would deepen our relationship is _____."

Closing celebration: Take a few minutes to celebrate what God has done in your group over these five weeks. Acknowledge one thing you appreciated about someone else in the group. Close your final session in worship, gratitude, and prayer - and if your group is ready, choose your next topic together.
