

Small Groups materials - Prayer

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	Process	Prayer	Material	Time
Intro	-Welcome guests	- Welcome everyone - Introduce the aims of the session and explain how it's going to work (Prayer) - Open in prayer		3:00
	-Introduction	- Watch video clip "Evan Almighty" Cafe scene (with Morgan Freeman) https://www.youtube.com/watch?v=Ikes4yPulmI - Read -> Divine Principle quote: "How do spirits help people on earth fulfill the Will of God? When people become receptive to spirits through prayer or other spiritual activities, the spirits descend to them to form a common base with their spirit selves and work with them. Spirits perform various works."	-youtube	10:00
main program	-Main Talk	Prayer in our daily lives - When in a bad environment it is difficult to pray - People have a different method of praying: Some pray in groups, Some pray spontaneously... - Testimony from Dom: <i>I was struggling to focus in prayer. I started a jogging/prayer condition at the start of university and made points to pray about during my jog. I found it was a lot easier to focus on every word and I also noticed that my prayers were answered more noticeably. One point of my prayer was that I wanted to meet someone who I could witness to/practice my witnessing with. During the condition I was approached by a student who was a bible discussion leader (who leads bible discussions similar to our DP discussions) and had the opportunity to talk about my faith with him.</i> Message: - Keeping active and being in a good environment is the best and easiest way to stay focused in prayer - The spirit world mobilises with more effort - Testimony from Sam: I prayed for a person that I didn't normally speak to and after a while they approached me and we became friends. Message: - When you pray for people, they more likely will approach you - <i>Questions:</i> - Do you find it difficult to stay focused in prayer?		15:00
	-Video	- Watch video clip: - "Food for Thought - How to Focus During Prayer" https://www.youtube.com/watch?v=gonboVGI8zY	-youtube	3:00
	-Discussion	- <i>Questions</i> - What do you think you can do to stay focused during prayer? - How could you prepare before your pray? (The activities you do before and the environment you do it in)		10:00
	-Practice	- Make a circle and pray for the group (focus as hard as you can)		10:00
Conclusion	-Conclusion	- Thank you for coming - HW: Make a prayer condition, practice writing your prayers down		5:00