

**Life Group Preparation Notes**  
**BLESS: Week 1: Begin with Prayer!**  
**Daniel Erasmus - Sunday 14 August**



**Note for the facilitator:** Today is the start of our BLESS series, we look at the 5 practices that we can add to our daily lives. When we do these 5 things: pray, listen, eat, serve, and share with others about who God is we can change our community and world.

**Worship:** During your devotional time or at life group listen to or play this worship song "[Jesus You Alone - Highlands Worship.](#)" He alone is worthy; He alone is Holy! Spend time in worship acknowledging your need for God to help you be and do all He is calling you to.

**Check-In:** Share with the group what comes to mind when you hear the words mission, evangelism, or share your story.

**Bible Readings:** Matthew 22:34-40; Genesis 12:1-3; John 17:18; Mark 10:13, 16; Colossians 4:2-7; Luke 18:27; Romans 8:28; Proverbs 19:21; Luke 6:12-16

**Preparation and Discussion for Group Time:**

**Definition of Prayer:**

Prayer is simply telling God what is on your mind and in your heart. What is occupying your thoughts? It is not this intellectual exercise or coming with all the right, fancy, spiritual words. Prayer is simply telling God what is going on in your life.

1. What are some reasons why you don't pray or why your prayer time is short or perhaps inward-focused right now?
2. Share with the group what your prayer time is like at present. What do you need to start or stop doing to shift focus onto God and others? What could you do to increase your prayer time?
3. Ps Daniel presented us with a challenge to pray. To pray and bring our praise to God, to bring our requests to Him, and to pray for others. Share one practical way you will BLESS those around you in the coming week.

**Check out and Prayer:** Ps Daniel gave us 3 practical steps to pray: [Reach out to God](#); [Receive from God](#); [Rely on God](#). Commit to taking 5 minutes every day to pray in this way for those on your BLESS card.

Go around the circle and pray for those on your [card](#) as you check out from group time tonight.

**Love God:**

- Memory verse: John 17:18 "In the same way that you gave me a mission in the world, I give them a mission in the world."
- For personal study, here are suggested **YouVersion** devotionals and **RightNow Media**:
  - [How Do I Pray for Them? By Hosanna Wong](#)
  - [The End of Me by Kyle Idleman](#)

**Love People:**

- As you pray ask God to:
  - give you the desire to pray.
  - prepare your heart for the adventure.
  - give you clarity as to the people and places he is calling you to BLESS.
- There are several next steps you can take on your discipleship journey over the coming weeks:
  - take a step of obedience - Baptism,
  - join Discipleship 101 if you are new to Christ,
  - join a serve team.

Sign up online via Church Center or the [website](#).