

## Week 3: Pray for Peace

### Review:

How did it go praying the hand prayer this week?

Did anyone do the “extra credit” and read Paul’s other prayers? What did you notice from his prayers? What sorts of things does Paul pray for? What does he not pray for? How do Paul’s prayers compare to our usual prayers?

### Discussion:

Read Philippians 4:6-9, aloud. Ask 2-3 people to read it aloud in different translations.

**Discuss** the following questions:

What do we learn about God from this passage?

What do we learn about people from this passage?

What do we learn about prayer from this passage?

What does Paul tell us to do, and not to do, to experience God’s peace?

As a group, make a list of practical steps from this passage to experience God’s peace.

**Exercise:**

Break up into pairs. Share with each other something you worry about.

Pray together about it – a) tell God what you need. b) thank him for what he has done.

**Watch Video #3****Homework:**

- 1) Pray the “hand prayer” every day. Add in ideas from Ephesians 1 to “Our Father” and from Paul’s prayers in “Petition”
  
- 2) Practice Philippians 4:6-9. When you start to worry:
  - a. Pray – ask God what you need.
  - b. Thank God for what he has done.
  - c. Exercise “mind control.” Intentionally focus on what is good.
  - d. Obey what you know. When you worry, ask God: “Is there anything I need to do?” If so, do it.
  
- 3) Extra Credit: Read 2 Samuel 11:1-12:25 (the story of David, Bathsheba, Uriah & Nathan) and Psalm 51 (David’s prayer of confession and repentance).