



Town + Field

CHURCH

Sunday, January 24
Leader Discussion Guide
UnPrayer: Week 3

LIFE CHECK-IN (10 minutes)

- Where did you see/sense/feel/hear/experience God this last week?
- Where do you need to see/sense/feel/hear/experience God in the week ahead?

OPENING PRAYER (5-7 minutes)

Take a few minutes to do an emotional health check-in with your Community, creating space for each person to answer the questions below:

- What was a high and what was a low from the holidays?
- Where did you see/sense/feel/hear/experience God in that time?

Spend a few minutes praying for God's voice to be clear in each other's lives. Specifically pray and ask that God would allow each person to see/sense/feel/hear/experience God's presence where they need to in the gathering this week.

TEACHING SUMMARY (2-5 minutes) This week we looked at a prayer from Paul in Colossians 1:3-14. Pastor Ryan highlighted that our prayer lives are designed to be filled with gratitude.

- How would your group summarize the teaching in their own words?
 - Or, what stood out to you from the teaching?

DISCUSSION QUESTIONS (20-30 minutes)

- While there are always a lot of reasons to be grateful, this season of Covid has probably shown us how easy it is to take some small things for granted. What are some things that this pandemic has made you realize you can be more grateful for?
- We all likely complain or grumble about a variety of things. What are the things in your life that easily lead you to a place of complaining or grumbling?

- Ryan highlighted the fact that Paul's prayers of thanksgiving are typically centered around 3 things:
 1. People's love growing.
 2. People's faith increasing.
 3. People are persevering under trials.
 - How regularly do these aspects of gratitude show up in your practice of prayer? Which do you find most difficult?
- Read Colossians 1:13-14 - What is the greatest thing that we as followers of Jesus should be grateful for? How might you make this a greater focus of your practice of gratitude?
- As an expression of gratitude to God, what is one way to show someone God's love this week? Take a moment to reflect on your week ahead. Who will see or not see that you could find a creative way to bless.

PRAYER (5-7 minutes)

- Take some time to pray through Colossians 1:2-14. Listen for God's voice through the text and through your prior discussion. Pray these thoughts through the Spirit back to God.

LEADER NOTES

These questions are a guide; feel free to use/exclude ones as people may have already answered the question or talked about the theme OR if your group takes a long time to tackle one particular theme it's ok to skip over questions in the interest of time/focus.