

WEEK 3

DISCUSSION GUIDE

focus

It's not easy to stay focused. Especially these days, when we're connected to a never-ending stream of new notifications, ads, messages, videos, posts, and entertainment, it makes sense if we feel a little distracted sometimes. Maybe you've struggled recently to stay focused on your homework, or on the story your friend was telling you, or on the movie you were watching — but have you ever struggled to stay focused when you were spending time with God? In this four-week series, we're going to get honest about how difficult it can be to stay focused when we're trying to pray, read the Bible, or grow in our faith. Each week, we'll explore passages from Psalms and the Gospels as we challenge ourselves to focus on practicing four spiritual disciplines that can help us grow. Together, we'll try focusing on **what God has said**, on **giving something up**, on **talking to God**, and on **rest**.

THIS WEEK

BIG IDEA

Focus on talking to God.

BIBLE

John 4:5-30; Psalm 18:6 & 28; Philippians 4:6

- **What's something you could talk about for hours?**
- **What are some reasons a conversation with someone might get awkward?**
- **What are some reasons people might find prayer awkward or challenging? Can you relate to any of those reasons?**
- **What's something that, if it were possible, would make prayer much easier for you? Why don't you think God chose to make prayer work like that?**
- **Have you ever learned something about yourself or about God while you were praying? If so, what did God show you?**
- **If you decided to talk to God more regularly, how do you think it might change you like it changed the woman at the well?**
- **Right now, what's the biggest obstacle between you and a more focused prayer life?**
- **What kinds of conversations are you most likely to have with God right now? Would you ask for help, say thank you, ask questions, be angry, or something else?**
- **Read Philippians 4:6. Why do you think Paul tells us to be thankful while we're asking God for help?**
- **This week, what's one way you want to focus on talking to God and how can we help?**

ACTIVITY

PRAYER ACTIVITY TO END SMALL GROUP: *Collectively pray this together from Psalm 18:1-3,6*
I love you, Lord, my strength. The lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. I called to the Lord, who is worthy of praise, and I have been saved from my enemies. In my distress I called to the Lord; I cried to my God for help. Form his temple he heard my voice; my cry came before Him, into His ears