

A God Who Hears Me

Small Group Questions

Getting to know you question:

1. How much was prayer a part of your family's experience growing up?

Sermon reflection questions:

2. What points intrigued you the most from this week's sermon?

Into the Bible: Jonah 1:17-2:10

The goal of prayer is not to make God do what you want, but to help you become what God wants. He has a plan for you and for the people around you. 1 Samuel 16:7 says, "People look at the outward appearance, but the Lord looks at the heart." Some basic "heart" principles for coming to God in prayer include the following:

An Open Heart (See Jonah 2:7, Isaiah 44:3)

3. What does rock bottom look like to you? Why do we pray more often when we are in a crisis—and more passionately when we are at rock bottom?

4. When has a strong need caused you to go to God in prayer?

A Repentant Heart (Jonah 2:4)

In 2 Samuel 11-12 King David had an affair with Bathsheba and murdered her husband. Psalm 32 is a vivid description of David's experience at rock bottom.

5. How is regret (Ps.32:3-4) different than repentance (Ps. 32:5)?

6. Why is God looking for both?

A Persistent Heart (Phil 4:6, Luke 18:1)

7. God wants to be involved in every area of your life—and the lives of those you love. What causes people to lose heart?

8. Why do you think God so often makes us wait for his answer?

9. What is one prayer that you are still waiting for God to answer?

A Submissive Heart (Jonah 2:9, Matt. 26:39, 42; 1 John 5:14)

10. Why are we so often reluctant to accept God's plan rather than our own?

A Trusting Heart (Jonah 2:2, Proverbs 3:5-6, Psalm 9:10)

11. Ultimately prayer is about TRUST. We are naturally an untrusting bunch. How do you know if you are trusting God or "your own understanding?"

Application:

12. Which of these do you need to introduce into your prayer life this week? How will you begin to apply it?