



## EPISODE 5: TEACH US TO PRAY

### *Group Questions*

1. WHAT TENDS TO DISTRACT YOU FROM TAKING TIME TO PRAY EACH DAY? HOW CAN YOU PREVENT IT?
2. WHAT TYPE OF PRAYER DO YOU FIND MOST FRUITFUL IN YOUR LIFE?
3. WHAT IS YOUR EXPERIENCE WITH LECTIO DIVINA?
4. DO YOU BELIEVE THAT GOD WANTS TO SPEAK TO YOU, PERSONALLY?

### *Journal Questions*

1. IF YOU DON'T HAVE ONE, MAKE A PRAYER PLAN FOR EACH DAY OF YOUR WEEK.
2. SPEND SOME TIME IN THE GAZE OF GOD, WHAT DO YOU BELIEVE HE IS SPEAKING TO YOUR HEART?
3. WHERE HAVE YOU SEEN GOD'S TRUTH TODAY? WHERE DID YOU SEE A LIE?

### *Quote to Ponder*

“FOR ME, PRAYER IS A SURGE OF THE HEART; IT IS A SIMPLE LOOK TURNED TOWARD HEAVEN, IT IS A CRY OF RECOGNITION AND OF LOVE, EMBRACING BOTH TRIAL AND JOY.” - ST. THERESE OF LISIEUX