

Chapter 4 The Prayer Process

Start by reading the prayer on pg. 85 The Serenity Prayer (Reflect on the prayer and what God is saying to you through it.)

Watch The Video Silence (Season 4: Episode 1)

1. What one idea did you get from this short film?
2. When was the last time you got up from watching a program and thought that the program helped you to become a better version of yourself?

Watch The Video Why Pray? (Season 4: Episode 2)

1. What does Prayer help us discover?
2. Why do we Pray?
3. How do we discover God's will for our daily lives?
4. What does prayer give us?
5. Answer the 3 questions on pg. 88 in your workbook.

Watch The Video The Big Question (Season 4: Episode 3) What do you think the big question is?

1. What is prayer?
2. What is the BIG Question?
3. To pray is to _____
_____.

4. Look up and Listen to the song "Maybe It's Ok" by We Are Messengers

How did this song make you feel? What did it say to you?

5. Answer The 3 questions on pg. 92 in your workbook.

Watch The Video The Prayer Process (Season 4: Episode 4) Has anyone taught you how to pray?

1. Name and describe the 7 steps in the Prayer Process. On pg. 94-95 has the definitions and also on pg. 102 there is a brief summary.
2. Describe the Geography of prayer. (pg. 106)

3. Answer the 3 questions on pg. 98 in your workbook.

Watch the video The Best Way To Learn (Season 4: Episode 5)

1. Watch the video and listen to Matthew Kelly take you through the Prayer Process. What surprised you the most as you practiced the prayer Process?

2. What are the 5 types of Prayer?

To Learn more read CCC 2623-2643.

3. Answer questions 1 & 3 on pg. 101 in your workbook.

Watch the video Decision Point (Season 4: Episode 6)

1. What is Mental Prayer?

2. Why did Jesus always go off to a quiet place to pray? Why should we always find a quiet place to pray?

3. Answer the 3 questions on pg. 105 in your workbook.

4. End with reading Psalm 63 in your Bible.

Maybe It's Ok by We Are Messengers

If I didn't know what it hurt like to be broken
Then how would I know what it feels like to be whole
If I didn't know what it cuts like to be rejected
Then I wouldn't know the joy of coming home

Maybe it's okay if I'm not okay
'Cause the One who holds the world is holding onto me
Maybe it's all right if I'm not all right
'Cause the One who holds the stars is holding my whole life

If I didn't know what it looked like to be dirty
Then I wouldn't know what it feels like to be clean
And if all of my shame hadn't drove me to hide in the shadows
Then I wouldn't know the beauty of being free

Maybe it's okay if I'm not okay
'Cause the One who holds the world is holding onto me
Maybe it's all right if I'm not all right
'Cause the One who holds the stars is holding my whole life

Father, let Your kingdom come
Let Your will be done
Here in my heart as in Heaven
Father, let Your kingdom come
Let Your will be done
Here in my heart as in Heaven, oh

Maybe it's okay if I'm not okay
'Cause the One who holds the world is holding onto me
Maybe it's all right if I'm not all right
'Cause the One who holds the stars is holding my whole life

Now I'm alive in You
We're bursting at the seams
Now I'm alive and I can see You in everything
Maybe it's okay if I'm not okay

Songwriters: Jonathan Smith / Bryan Fowler / Darren Mulligan

Maybe It's Ok lyrics © So Essential Tunes, Curb Dayspring Music