

WHAT'S STANDING IN OUR WAY?

Obstacles to Prayer – *Conversation #2*

We know Jesus prayed. He even gave us a model to use - The Lord's Prayer. Jesus also showed often how important it was *to Him* to spend time alone with the Father. In Scripture we even hear Jesus speak with His Father. Clearly, praying is important.

At the meeting this month we encouraged every candidate to challenge themselves to develop a HABIT of prayer. We suggested a simple form of prayer called the “ACTS Prayer”.

SHARE

Candidates, explain the ACTS Prayer format to your sponsor. Then, share with your sponsor what plan of prayer you have developed in response to this month's challenge. Are you using the ACTS prayer or something else? Talk about how it has worked, or not worked for you.

Sponsors, have *you* developed a habit of prayer? Why or why not? If you have, what has worked for you and why? If not, what has stood in your way?

SCRIPTURE

Read and reflect on **Luke 6: 46-49**, then answer these questions:

1. What word, phrase, symbol, or image seems to catch your attention most?
2. What do you think God might be saying to you in this passage?
3. How will you respond to God?

DISCUSS

OBSTACLES TO PRAYER (*Read and discuss*) Listed on the other side of this page are four common obstacles that affect our ability to pray. Both sponsor and candidate should



talk about how these problems could affect your own prayer life. Which is the biggest obstacle for you?

1. **TIME**

Possible solutions:

2. **INNER QUIET**

Possible solutions:

3. **EXTERNAL QUIET**

Possible solutions:

4. **CONFUSION** (don't know how to begin, what to say or do)

Possible solutions:

PERSONALITY AND PRAYER

FOR FUN: *(You don't have to do this activity, but you will find it interesting if you do!)*

Take this personality inventory online: <http://www.humanmetrics.com/cgi-win/jtypes2.asp>
It is a version of the well-known Myers-Briggs test which will give you insights about your personality. You can spend as much time on that test, as you like, but the point is to bring your results to this site: <http://www.msgr.ca/msgr-3/personalitytypeprayers.html>

Here you can see how your personality fits with some well-known styles of prayer.

For both *Candidates* and *Sponsors*:

What is your personality type?

What is your prayer style?

We challenge each of you to do the quiz, find out which prayer style works for your personality. Then, try it! If both of you try both prayer styles, you can see if there really is something to this "personality" thing as it relates to prayer!

WRITE: What did you learn from this experience?