

**INTRO**

- If you are going to meet the Prime Minister or the CEO of your company, do you need to prepare for anything? Why?
- Share a situation when you had (or had not) taken time to know the person you are going to meet. How did it help?

**READ**

Psalm 1

**REFLECT**

*Prayer is a true conversation with God...it must be regularly preceded by listening to God's voice through meditation on the Scripture. – Tim Keller*

Meditating on Scripture allows us to dive deeper into our prayers.

*Qu: what is the connection between prayer & meditating on Scripture?*

*Qu: What preparation do you do when you start your own meditation on the word of God?*

**SEEK THE SOURCE**

As water is to a tree, the Word of God is to our spiritual lives. We have to constantly draw revelation about who God is, and his character through reading the bible. This enables us to personally know God and respond to Him through prayer.

*Qu: What recent situation or scripture reading did God reveal one his characters to you – e.g. healer, provider, protector, etc?*

*Qu: how did that revelation help you to pray?*

**STAND YOUR GROUND**

Seasons will always change. Spring and summer can be very exciting when everything seem to be blooming, colourful and fresh. But we know for sure that fall and winter will follow and that can be when it feels dark and gloomy.

Psalm 1 calls us to meditate on God's word day and night; in all the seasons of our lives. We have to keep reading and meditating on God's word in order to glean encouragement, assurance, promises, revelations, etc. As we do this, the 'roots' of our spiritual life grow deeper and help us to stand our ground through all the seasons of life.

*Qu: What do you currently do practically to meditate on God's Word? What questions of the text do you normally use?*

*Qu: Do you think keeping a journal (or diary) is important? How and why?*

**SHOW YOURSELF STRONG**

As the tree continues to draw nourishment from the water, growth is certain. You can tell by its trunk size, the network of branches and leaf covers. Bearing fruit is foreseeable.

Jesus said in John 15:5 – *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

Fruit is the byproduct of a healthy tree. Jesus' encouragement to us is to draw our life's strength and source from him. As we do that, our lives will bear fruit.

*Qu: Are you currently in a good rhythm of bible reading and prayer? What practical steps have you been taking (or you would like to take) to keep you in your regular bible reading and meditation?*

**RESPOND & PRAY**

- What challenged you the most from this discussion? What comforted you?
- How will this define your approach to prayer?
- Share a situation you know God pulled through for you. How did you handle it during those times?

**Further Resources:**

*Prayer: Finding the Hearts True Home*  
by Richard Foster

*Red Moon Rising: How 24-7 Prayer is Awakening a Generation*  
by Pete Grieg

*A Praying Life: Connecting with God in a Distracting World*  
by Paul Miller

*Prayer: Experiencing Awe and Intimacy with God*  
by Tim Keller

*Answering God: The Psalms as Tools for Prayer*  
by Eugene Peterson