

Theme & Passages	Prayer: Petition Matthew 7:7-11, Matthew 18:19	Notes prepared by Caroline Oliveira
Preparation	In order to play the video, you will need a TV or computer screen that everyone can see and an internet connection.	
Welcome (5 mins)	What is your favourite gift you have ever received?	
Introduction (5 mins)	Read today's key verse: "Give us this day our daily bread" – Matthew 6:11 <ul style="list-style-type: none"> • In this session we'll unpack the significance of asking God in prayer. • Begin the session by opening in prayer. 	
Video (20 mins)	Watch this 20 minute video: https://www.youtube.com/watch?v=qSRIuPF32jQ&t=4s Summary points: <ul style="list-style-type: none"> • The Father loves to give good gifts. • Traffic lights: Yes, Wait, No. • Sometimes we need to "stack dominoes" and persevere in prayer 	
Discussion (20 minutes)	Discuss the following questions: <ul style="list-style-type: none"> • What did you find most helpful or most challenging in the video? <p>"Although God knows our need, he does still want us to articulate it to him"</p> <ul style="list-style-type: none"> • Poppy pointed out that it's often easier to believe God can change things in our hearts rather than believing in things can see in the world. Do you agree? • How often do you ask God for what you want as well as what you need? • <p>Pete uses the traffic light analogy to describe different ways God responds to our prayers:</p> <p style="text-align: center;"> Green: Yes Amber: Wait / Persevere Red: No </p> <p>You may want to split into pairs or threes to answer:</p> <ul style="list-style-type: none"> • Are you experiencing a "green", "amber" or "red" response to any specific prayers at the moment? Share your experiences together. 	
Do it (15 mins)	In smaller groups, take time to pray for one another's prayer requests. Remember the following as you pray: Pray incrementally: Pray for a specific next step, rather than jumping to the top of the staircase Pray the promises of God: Is there a specific promise that relates to the situation? You also might like to follow the P.R.A.Y model – start by pausing and welcome the Holy Spirit, then rejoice and give thanks before asking . Remember to yield and surrender everything back to God as you finish.	