

Viewer Guide Session 12

Discussion

- 1) Matt began his teaching from Mark 14:26-31,66-68 with a conversation between Peter and Jesus.
 - How would you summarize that account? What makes it a helpful backdrop for today's text in James 5:13-18?
 - How does Peter's life illustrate "Progress, not perfection"? What does that phrase mean?
- 2) Read James 5:13 -14.
 - What circumstances or seasons of life do these verses mention?
 - How does this teaching relate to the ongoing process of faith and works in the Christian life?
 - What are prayer and praise? In what ways are they fundamentally the same? In what ways do they always constitute steps toward progress in believers' spiritual growth?
 - What changes in your heart and mind when you view the repeated instruction to pray or praise, regardless of the circumstance, as a relational invitation rather than a religious obligation?
- 3) Read James 5:15
 - What examples did James give to demonstrate the power of prayer in the life of a faithful believer?
 - Why do you think prayer is often a difficult habit even for people who believe in the power of prayer and the presence of a loving Heavenly Father?

Journey CHURCH

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- 4) Matt shared seven practical tips from D. A. Carson for making progress toward a faithful prayer life. What does each of the following tips mean? How is each one helpful?
 - Prayer needs to be planned.
 - Adopt practical ways to impede mental drift.
 - In different times and different seasons, seek out people to pray with.
 - Get around people who do pray.
 - Develop a system for your prayer lists.
 - Mingle praise, confession, and intercession and tie as much of it as you can to the Scriptures.
 - Pray until you pray.
- 5) Were any of these brand-new ideas for you?
- 6) What practices have you found effective for developing faithfulness and focus in your prayer life?
- 7) What remaining questions or comments do you have about the video teaching or discussion?
- 8) What was challenging, convicting, encouraging, or timely for your current circumstances?

Close in prayer.