

FAITH **UNDER** **CONSTRUCTION**

STUDY GUIDE WITH
DISCUSSION QUESTIONS

EPISODE 6:

Hey God, It's Me: Prayer 101

In this episode of Faith Under Construction Dr. Barbara L. Peacock joins Rasool Berry and Christin Thorpe to discuss prayer as well as practical ways you can apply prayer in your everyday life.

Barbara L. Peacock is an author, founder of Peacock Soul Care Institute as well as Barbara L Peacock Ministries, chaplain for the WNBA, and a spiritual director and leader.

1. The hosts open up by discussing their prayer lives. What has been your experience with prayer? Do you look forward to praying? Why or why not?
2. Christin Thorpe grew up learning how to pray from her mother and others at her church, but she says her prayer life didn't become real until she had her son. Barbara Peacock grew up watching her grandmother pray, but one of her greatest experiences with prayer was when she went to a revival at her church at fourteen years old. That one moment transformed her life.
 - a. Have you had a pivotal moment in your prayer life? If so, when did prayer become more of a relationship with God than a formality?
3. Thorpe shares a study by Barna that asks Gen Zs, "As a Christian, what are your greatest spiritual concerns?" About 43 percent of Gen Z Christians said they value talking to God in prayer. The second spiritual concern was learning to pray.
 - a. Do the results in this study surprise you? Why or why not?
If you can relate to this concern, why is prayer so valuable for you?
For others, how can you help guide the next generation to become prayer warriors?
4. "Prayer starts with being loved." Peacock describes love as being foundational for your prayer journey. Read 1 Corinthians 16:14; Colossians 3:12-14; 1 John 4:16. Why do you think love is an important aspect of prayer?
5. Peacock mentions that we don't have to limit the way we pray. Prayer can be viewed as a fun conversation with God. You can journal your prayer, you can pray while you're walking, you can pray while you're driving, or you can sit in the stillness and listen.
 - a. Have you tried praying in any of these ways before? Which one helps you feel closest to God? What are 1 to 3 new ways you can incorporate prayer into your life?
6. Rasool Berry says he thinks that men may struggle with coming to God more than women because so often their identity (even looking back to slavery times) has been based on their performance.
 - a. Where in your life do you feel the need to prove yourself? How might that be affecting your ability to come to God honestly and rest in Him?

7. “[Prayer] is the foundation for vision; it’s the foundation for preaching and teaching because whenever Jesus was getting ready for a big move, he always went away to pray. It’s the tool that undergirds the effectiveness that’s ahead of us” —Dr. Peacock.
 - a. Read Mark 1:35 and reflect on Jesus’s ministry and prayer life. How can Jesus’s example guide your prayer life?
8. “[God’s answers to] prayers are yes, no, wait, and grow. Those are the biblical responses to prayer” —Dr. Peacock. What are you asking God for right now? Which response do you sense you’re receiving, and if it’s not what you wanted, how might God be inviting you to grow in this season?
9. Peacock’s first prayer method is ACTS. A-adoration (lifting up God’s name), C-confession (admitting that you messed up), T-thanksgiving (what can you be thankful for?), S-supplication (the root word means “supply”. What do you need God to supply?)
 - a. Which of these shows up most in your prayers? Which one is hardest for you to engage? How might practicing it change the way you relate to God?
10. Dr. Peacock also discusses *breath* prayer, which is a prayer that incorporates intentional breathing.
 - a. Try this exercise as a group for five minutes. Plant your feet on the floor, put your palms in your lap, close your eyes, and relax. Be still. Listen. Let go.
 - b. Read Psalm 46:10. Discuss with your group your experience with this exercise. How does it feel to be still before God?