

SMALL THINGS **BIG** DIFFERENCE

Small Things, BIG Difference

“Pray Consistently”

January 23, 2022 // Sarah Athearn, Director of Middle School Ministries

This is week three of a series that reminds us that it is often the small things that nobody sees that result in the big things that everyone wants. Do you feel at peace? Do you feel like your heart and life is content? Peace often feels unattainable. Did you know that true peace is not only possible, it is a promise!

Big Idea: Peace and trust come from a life connected to God in prayer.

FOR DISCUSSION

1. Do you feel at peace? Why or why not? How do you think prayer impacts our peace and trust in God?
2. **Isaiah 26:3-4** talks about peace and trust. Right now, does it feel easy or difficult for you to trust God? Why do you think that is?
3. **READ Jeremiah 17:7-8.** Those who trust in the Lord flourish like trees planted by the water. What does this passage say to you?
4. Daniel demonstrated great courage because of his prayer life. **READ Daniel 6:4-5.** What kind of example was Daniel in his handling of government affairs? What did the administrators and high officers decide to do to find fault in him? Do you ever feel others are trying to find fault with you because of your faith?
5. **READ Daniel 6:10.** What statements show you Daniel’s consistency?
6. Creating a *Rhythm of Prayer* means picking a time and a place. Do you currently have a time/place that you talk with God? If not, when/where could that be?
7. Daniel’s prayer life included more than just him. **READ Daniel 2:17-19.** Who can you trust to pray with you when you are in a time of need?

How to Experience Peace and Trust in God.

1. **Pray Consistently**
2. **Pray with Others**

COMMIT TO MEMORY

You will keep in perfect peace, all who trust in you, all whose thoughts are fixed on you!
Isaiah 26:3 (NLT)

PRAYER

Pray for one another—that God would help each of you have the peace and trust that comes from a life connected to God in prayer.

GOING DEEPER

Sarah shared a passage in Matthew from the message translation. Read this slowly and aloud then discuss the passage as a group.

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matthew 11:28-30 (MSG)