



# PRAY ALL DAY

Ephesians 6:18a, 1 Thessalonians 5:16-19  
November 9  
Pastor Brad Henderson

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## CONNECT WITH ONE ANOTHER

- **Follow Up:**

Did you practice praying with Scripture this week? How did it go?

- **Sermon Question:**

What did you enjoy most about this Sunday's sermon?

## LOOK AT THE SCRIPTURES

- What do you think went through the minds of the believers in Thessalonica when they heard Paul's words in **1 Thessalonians 5:16-19** about praying constantly? How would you have reacted if you were part of that church?

## APPLY TO OUR LIVES

- In Scripture, Jesus models a life of constant prayer and deep connection with God. Do you find His prayer lifestyle more intimidating or encouraging? Why?
- How do you think your connection with God might change if you practiced breath prayers and set prayers throughout the day?
- Have you ever practiced breath prayers or set prayers? Share your experience and encourage one another to try these practices throughout the week.
- This week, create a simple plan to incorporate "breath prayers" and "set prayer" times into your daily routine.

## PRAY FOR ONE ANOTHER

- Collect prayer requests and pray for one another.