

## Unwrapping God's Gifts in Your Life ♥ Chapter 3 ♥ The Gift of Prayer

### Questions for Personal Reflection and Small Group Discussion

Watch Jean's video, ***Negotiating with God***, <https://www.jeangatz.com/videos/> (8 minutes)

Read Chapter 3 in your book, pages 17 – 28.

Scriptures: Matthew 26: 36-54, Philippians 4:6, Jeremiah 29: 12-13, Matthew 6:8, Psalm 66: 19-20

1. Why is Faith so important in our lives? What else do we need besides Faith?
2. While faith is important, God sometimes wants us to step up, take His grace and take action. Share examples of how we can help ourselves while God is helping us.
3. There are four basic types of prayer: Prayers of Adoration/Blessing, Prayers of Contrition/Repentance, Prayers of Thanksgiving/Gratitude, and Prayers of Supplication/Petition/Intercession. Share examples of each from your own life.
4. How has your prayer life evolved as you have matured in your faith?
5. Have you ever “negotiated” with God to give you what you wanted or needed?
6. Do you believe God was persuaded by your prayers? Or did you discover that the outcome was what He had already planned and had in store for you all along?
7. There are many ways to close your day with God. The Daily Examen on page 22 is one way. How do you start – and end – your day with God? What ways of praying have you found to be helpful and spiritually satisfying for you?
8. Discuss the statement: “Prayer doesn't change God. Prayer changes us.”
9. Discuss St. Mother Theresa's words:  
“Prayer doesn't change things. Prayer changes **us** and **we** change things.”

*"Pray as though everything depended on God.  
Work as though everything depended on you."  
St. Augustine*