



Fasting Resets:

- Fasting resets: What I believe is essential in my life.
 - Fasting resets: The appetites that dominates my life.
- GOD's there, listening for all who pray, for all who pray and mean it.
Psalm 145:18 (MSG)

Prayer resets:

- Where I turn for strength and help.
God is my helper! The Lord is the provider for my life. Psalm 54:4 (GWT)
- Prayer connects me to God's power.
- Where I get direction for life.
I look to the Lord for help at all times, and he rescues me from danger.
Psalm 25:15 (GWT)
- Prayer connects me to God's plan for my life.
- Who I surrender to in life.
Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine. Luke 22:42 (NLT)
- Prayer connects me to God's purpose for my life.

Prayer is simply: Our conversation with God.

Logistics:

- **How to pray:** Be real, and talk honestly to God.
- **Where to pray:** Privately - don't make a show of it.
Matthew 6:5-6 (NLT)
- **How often:** Always.
Never stop praying. 1 Thessalonians 5:17 (NLT)

Real prayer is driven by relationship
not need or crisis.

The not so popular Purposes of Prayer:

- Drawing close to God.
- Gaining confidence in God.
- Living connected with God.

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24 (NLT)

Relational Prayer:

- Search my heart.
- Show me what I fear.
 - What I fear the most reveals where I trust God the least.
- Uncover my sin.
 - What are my Christian friends trying to tell me?
 - What have I tried to rationalize/ excuse for some time?
 - Where am I most defensive?
- Lead Me.
 - Allow God to define my life.
 - Express our need for His guidance.
 - Depend on Him for the life He's called us to.

Have Questions? Text them to: (559)464-5754

Here are some questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- First of all, how are you doing with your fast? What are some challenges? What are some break throughs you are experiencing?
- What spoke most to you from the talk? What spoke most to you from the video?
- If prayer is a conversation with God, how is your conversation going?
- Discuss how "prayer resets" our lives.
- What is the conversation with God that draws us close to Him?
- How does prayer allow us to gain confidence in God?
- Read Psalms 139:23-24. Do you find that to be a difficult conversation with God?
- Which of the points under "Relational Prayer" do you find most difficult to express to God? Explain.
- How would you like your conversations with God to change in the future?

Connection Group Leaders: Remind your group of the following announcements:
Leadership Training - 1/22 Snow Day - 1/28

For more Information, and other Talks, visit us at
www.faithisaquest.com/media/talks/