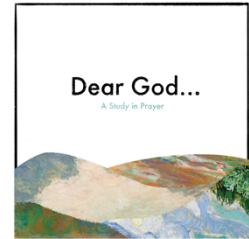


Dear God...

Rejoice

Matthew 6:9



Take a few minutes and check in with each other; how did pausing go over the last week?

Questions for Your Group Discussion:

1. What stood out to you in the message and why?
2. How is the idea that prayer is worship helpful to you?
3. What name of God is most meaningful for you and why?
4. What's something God has done for you that you're thankful for?
5. If you've practiced the rejoicing exercise, what did God show you so far? If you haven't had a chance yet, share some ideas about how to do this well.
6. Aside from the exercise, how else can you live a rejoicing life this week?

Praying With Each Other

How can the group pray for you, especially as it relates to applying the message?

Pray together through rejoicing:

- Begin with a pause. Deep breaths and silence.
- Then, speak a name of God out loud, and praise Him for it.
- Thank God for what He has done. Use the list on the notes as prompt.
- Conclude by praying for each other's requests.