



Discussion Guide for “Daily Rhythm”

How to Get Your Groove Back Week 2

We often think of prayer as asking God for things. And while that's part of prayer, it's far from the whole. Prayer is one of the daily rhythms God invites us into. Prayer, reading Scripture and meditation are spaces where we can order our day and remember God is always with us. How can these daily rhythms transform our daily life?

Scriptures for Further Reading

Genesis 1:3-5; Psalm 1:1-3; Matthew 6:5-13

[click here](#) to read all scriptures

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week's sacred reading is [Matthew 6:5-13](#).

Questions for Discussion

1. What does prayer look like in your life? Before this week's message, how did you think about the purpose of prayer?
2. If prayer is more than just asking for things, then what is it?
3. Revisit Psalm 1. Where do you see prayer in this passage? What is the promise made for those who pray?
4. Review the Lord's Prayer in Matthew 6. Which part of the prayer resonates most with you right now? Why?
5. What would a daily prayer rhythm look like for you?