

## Cell Material – Week beginning 6.2.06 The Priority of Prayer

**Welcome** – If you had a free day with no plans, what would be your ideal way to spend it? (money no object!!)

**Word** – There are lots of questions here so don't worry if you don't get to discuss them all!

Read **Luke 10 vs 38 – 42** Well known story of two sisters – Mary and Martha. Which character do you most relate to? Are you a 'Martha' – someone who likes to be doing all the time, or are you a 'Mary' – someone who is more naturally reflective and happy to just 'be' without being constantly on the go?

What do you think Jesus means when he says 'Only one thing is needed' in verse 42?

Read **Acts 2 vs 42 – 47**. What were the priorities of the early church? How do they differ from our priorities today in the UK church?

Sometimes we get our priorities in life all mixed up and spend too much time on things that don't matter. Has there ever been a time in your life when something caused you to re-evaluate your priorities? (Perhaps an illness, death, redundancy, seeing how other people live who are not so fortunate?)

Brother Lawrence was a 17<sup>th</sup> Century monk who wrote a little book called 'Practising the presence of God.' In it he talks about becoming aware of God's presence more and more in your every day life. He describes the journey of actively inviting God into every thought, word and action - a journey that takes a lifetime to master!

Do you ever find that you have gone a whole day without thinking about God? How can we make him involved in our lives a little more each day? How do you think it might change your attitudes, conversations and actions if you were more aware of his presence with you?

Most of us would probably say that we should spend more time in prayer. How can you practically build more time for prayer into your day, week, month or year? What would help you? How could you help each other?

**Worship** – Play some quiet reflective music – give out pens and paper and ask people to think about the following questions and jot down their thoughts for private contemplation: What is the most important thing in my life? Are my priorities in line with what God may be asking of me? How often am I aware of God's presence with me? How can I make sure I invite him into more and more areas of my life and talk to him more each day? Use this time to sit (without chatting!) in God's presence – let his love wash over you and allow his Spirit to speak to you, challenge you, comfort you and strengthen you.

**Witness** - Do non-Christians see a difference in the way we live our lives and in the priorities we choose? Over the coming week, try to jot down what you spend your time on – are there any changes you need to make in the light of God's word to you? You may want to discuss your findings next week. Pray for each other to be able to involve Jesus in more and more of your lives and to be able to be still in his presence.