



THE SURPRISING POTENTIAL OF UNOCCUPIED MOMENTS

TALK IT OVER

STOP Week Four : Pray

The Big Idea

What if the pause is an opportunity to pray?

Key Verse

(Philippians 4:6) "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."

Start Talking

Do you send a lot of text messages or messages via another app each day?

Start Thinking

Do you think most people are critical or thankful? How about you?

Start Sharing

Was there anything in the messages you found interesting or surprising?

When do you most often find time to pray? Do you spend much time a day in prayer?

Can you share an experience where you prayed for something for a long time before it happened?

Are you praying for things that would really change the world if God said yes?

What are things that you could be more thankful about in your life?

What do you think could change in your life if you consistently used the pauses in your life to pray?

Start Doing

The next time you have a pause and go to your device... Stop and Pray!