

# prayer

## myths, lies & misconceptions

### **ICEBREAKERS**

- If you were in charge of planning a trip, would you worry about every little detail or simply go with the flow?

### **DISCUSSION QUESTIONS**

1. What's the one thing you worry about the most?
2. How do you receive the news: live on TV, radio stations, podcasts?  
What percentage of the news you receive is good news?
3. Think about everything you said, thought and did last week. How much rejoicing did you say, think or do?
4. Read Paul's famous words in Philippians 4:4-9.
  - Which verse(s) stick out to you the most?
  - Which part do you need to apply today?
  - What words do you need to commit to memory?
5. What practical tips can help us dwell on the positive of our upcoming week and not the negative?

### **NEXT STEPS & PRAYER REQUESTS**

- Remember: When the world closes in, cast your cares on Him.