

Colossians 1 v9-12

For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light.

James 5 v13-18

Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you ill? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. Elijah was a human being, even as we are. He prayed earnestly that it would not rain, and it did not rain on the land for three and a half years. Again he prayed, and the heavens gave rain, and the earth produced its crops.

## Questions

1. How would you rate your prayer life on the scale of 1-5; 5 being excellent.
2. In the light of that, what is God saying to you as you read and study these two passages?
3. What commitments do you want to make to fully realise your position as 'a holy people in the kingdom of light'?
4. Share those with the group when you meet. Arrange also, where you can, to keep a person informed of the progress you are making, and equally, please share testimonies of answered prayer that come as a result.

### Note.

At the end of the discussion time in your Life Group, your facilitator will share with you an app that can help you pray more effectively.

### Tip to remember.

PRAY - Pause; Reflect; Ask and Yield.