

Dear God... Sincerely, Me

Discussion Questions

1. We said, “We’re often reacting to whatever immediate crisis needs our attention.” This comes by way of small things like phone notifications to big things like a health scare. When did you feel that amygdala spike (the fight or flight “gas pedal”) reaction this week? How do you typically handle that tension?
2. Re-read together or talk through Daniel's story in Daniel 6. Put yourself in Daniel's shoes. What ways might you have rationalized following the king's edict? Why do you think Daniel didn't follow it?
3. Daniel stopped to pray three times a day. What do you think is important about having set rhythms of prayer throughout the day? If you were to incorporate praying at specific times during the day, how would you do that in a way that didn't feel compulsory or legalistic? How might this practice impact your life with God?
4. In the field of Embodied Cognition, scientists say, “We think with our bodies, not just our brains.” Share your thoughts on this? Do you agree or disagree? How have you experienced this?
5. Daniel faced Jerusalem and got down on his knees. What physical postures (opening your hands, closing your eyes, putting a hand over your heart, pacing, taking deep breaths, etc) help you feel most connected to God when you pray? What postures or gestures have you seen others do that you'd like to try?
6. One of the prophets Hosea made a connection between words of prayer and sacrifices done in Judaism. When the words we pray cost us something, even just to say them, it can be like a sacrifice to God. In what ways do you avoid voicing hard-to-say things to God (i.e. confession, self-awareness, gratitude, needs, etc.)? Why do you think it's hard to speak with raw truth to God? If you feel this comes easy to you, are there any areas of life where you are holding back?
7. You were invited to pick one of the three practices to try incorporating into your prayer life this week. (Setting daily rhythms, integrating physical posture or gestures, offering the words that are hard to say) Which one did you choose? What is your plan? How is it going so far?