

# Emmaus Small Group: YouTube Introduction Series

There are two videos with discussion questions for this session.

## Session 3: The Prayer and The Content

**\*During the beginning social time, ask how the previous session challenge went.**

### Individual Challenge from the past week:

Were you able to take reflection time on your own personal relationships and vulnerability? Any new conclusions?

### Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

**Next Read:** Matthew 7:7-12

### After the Reading Conclude with this prayer:

*Heavenly Father we knock on the door and seek after you. At the same time you are knocking on the door of our hearts. Give us the courage to let you in. Give us the courage to let our heart speak to your heart. Open our eyes and minds this session to better understand how we can draw close to you and others. We ask this all in your Holy name. Amen.*

**YouTube Video:** The Prayer - Mike Chamberland (8:18 Min) -

[https://www.youtube.com/watch?v=xb7At\\_NwrCE&t=0s&list=PL26Izh\\_ym\\_HN4May4YSXU9vSu2WtnxqSt&index=3](https://www.youtube.com/watch?v=xb7At_NwrCE&t=0s&list=PL26Izh_ym_HN4May4YSXU9vSu2WtnxqSt&index=3)

### Small Group Questions:

1. Do you recall how you learned to pray? Please share your experience.
2. What do you find most rewarding, and most challenging about prayer?
3. What is the most profound experience of prayer you have had personally?
4. Do you have much experience praying with others? Do you have any hopes/concerns moving forward in these Emmaus Groups in prayer?

**YouTube Video:** The Content - Mike Chamberland (6:38 Min) -

[https://www.youtube.com/watch?v=pmC6Dbgl0dQ&feature=youtu.be&list=PL26Izh\\_ym\\_HN4May4YSXU9vSu2WtnxqSt](https://www.youtube.com/watch?v=pmC6Dbgl0dQ&feature=youtu.be&list=PL26Izh_ym_HN4May4YSXU9vSu2WtnxqSt)

### Small Group Questions:

1. Mike speaks of the concept of “rest” as deeper than mere sleep or not working. Have you ever considered this type of rest as distinct and valuable?
2. Why do you think we have a difficult time slowing down and “resting?”
3. Have you ever taken a retreat before? If so, what was your experience like?
4. As Mike said, the content is not designed for intellectual knowledge but rather for reflection and feeding our heart and soul. How do you feel about that?
5. What is something you hope the Emmaus Small Group content provides or helps you consider?

## Session 3: The Prayer and The Content (continued)

### **Individual Challenge for the week:**

Consider your own personal prayer life and ask, "If someone spoke to ME with the same sincerity, attentiveness and frequency as I speak with God, would I be close to them?" Spend time in silence this week and be on the lookout for an opportunity to simply pray an "Our Father" or "Hail Mary" with a spouse, friend or co-worker.

**Closing Prayer:** (Please refer to your prayer guide for additional ideas and suggestions if needed.)

*Dear Lord, We thank you for the many blessings you bestow on us daily. We pray that you read our hearts even when we don't have the words to talk with you. Build in us a desire this week to spend time each day to share with you what is on our mind. In your Holy Name, Amen.*