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**A CONVERSATION KIT ON**

**PRAYER**

# Conversation Guide

## Prayer, ep. 2

### Episode 2 summary

- Christianity teaches us not just to empty our minds, but also to renew them and fill them with the Holy Spirit.
- Praying “Hallowed be your name. Your kingdom come, Your will be done” is about realigning ourselves with God’s heart and God’s purposes.
- Contemplative prayer, aka Christian meditation, is about sitting in silence and resting in God’s presence, whether we’re focusing on a verse or just sitting with Him.

1. Our Father

**2. Realignment**

3. Stomach & Soul

4. In Jesus’ Name, Amen

### Discussion questions

**01** What do you think about mindfulness meditation? Do you agree with the point that empty spaces always fill back up with something? Is that different from how you usually think about minds?

**02** Have you ever thought about realignment as an important part of prayer? Why or why not?

**03** How often do you deliberately take time to sit in silence? Why do you think silence is so uncomfortable for so many people?

### Diving deeper

Romans 8:26 says, “In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.” How does this verse shape the way you think about prayer, and the way you think about the Holy Spirit? Is it comforting to know that even when we don’t know what to pray for, the Spirit is already interceding for us?