



## **Session 1:**

### **Introduction – What Is Transforming Prayer?**

#### **Video**

Watch the video and take notes of anything that stands out to you...

#### **Discussion**

Break into small groups of 3 to 6 men and discuss the following questions:

1. Exodus 24:9-18 describes four groups of people who saw the glory of God on Mount Sinai. Which of the four most closely describes where you're at in your prayer life? (*Israelites, 70 Elders, Joshua, Moses*)
2. What do you think are some of the obstacles that keep you from growing in your prayer life?
3. We define Transforming Prayer as "*Scripture-fed, Spirit-led, worship-based prayer that results in life-changing intimacy with God.*" Which part of that definition stands out to you the most and why?
4. If there is one thing you could ask God to change in your life, what would it be? Do you believe God is willing and able to meet all of your needs as you learn to come to him in prayer?