



CURRENT

session page

Let It All Out

1 Timothy 2:1-7 | Session 8.38

Before the Session

Facilitator: In advance of the session

- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media)

Context

Share with the group this recent "Thank you notes" session from [Jimmy Fallon](#) and ask:

- Think about giving thanks. What percentage of the time do you think you do so from a sincere, heartfelt feeling?
- For whom do you usually pray and why?
- What do you typically pray for when you think of political leaders and why?
- What kinds of prayers might be more or less important when praying about our society as a whole and why?

Content

Read [1 Timothy 2:1-7](#), then watch the Bible Background Video.

Ask questions like these:

- What most stands out to you in these verses and why?
- What challenges do you hear in this first reading?
- This passage suggests that prayer transforms us. What do you think the writer means by that?
- Which of these kinds of prayers - petitions, prayers, intercession and thanksgiving - do you find yourself offering most often and why?
- What do you think the writer means by the term "mediator" and why?

Closure

Continue with:

- Nikki shared in the Bible background video about a time when prayer was difficult for her. When has prayer been difficult for you?
- In what ways might praying for our leaders form us into more peaceful, godly or holy people?
- What do you envision when you hear the word "peaceful," particularly in the context of this scripture?
- Nikki suggests that we can "take it all to God" in whatever form of prayer helps us express our hearts. "What you pray about is less important than the act of intentionally engaging the practice of prayer itself." How do you respond to this idea?
- In what ways do you engage the practice of prayer? Name some times during the week that you find yourself praying.

Challenge the group to take a moment this week to write a colloquy with God - perhaps just a few lines, and perhaps starting with a true thank you note. To help everyone start, invite each person to share the answer to this question:

- At this moment, what note of thanksgiving could you write to God, and how might God respond?

Close with a prayer, incorporating those things for which the group is thankful.

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