

# MIND

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

Begin by asking questions like:

- How often, and under what circumstances, do you pray?
- If you had to make a list of the top five things for which you prayed, where you feel that you got a definite answer, what would you put on it?
- For what kinds of things would you *not* pray, and why?
- If someone was to come to you and say "You sure pray a lot. Why is that?" what would you say?
- What advice would you give a child if he or she asked you how to pray?

## Content

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

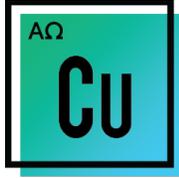
- Given his context, why do you think the writer is calling to pray for people in high positions, rather than to them?
- Why is it still important for us to pray for people in high positions?
- How does someone go about offering various types of prayers for “everyone?”
- What do you think the writer means by “a quiet and peaceable life in all godliness and dignity” and in what ways might that concept have changed over the centuries?
- The passage talks of God as “savior” and Jesus as “mediator.” How does that compare with your understanding of the New Testament from other books, and why do you think such language might be used here?
- In verse 7, the the writer interrupts the flow of words to reassure us that “I am telling the truth....” Why do you think that such an aside is necessary and in what ways do you think that such assertions affect the way people react to the message they are hearing?

## Closure

Continue by asking:

- To what degree do you think prayer is important because it influences God versus influencing us?
- How often do you pray to change your own mind, or someone else’s, rather than God’s, and why?
- If you were to offer prayers of “petition, intercession, urgent and bold prayer, expressions of gratitude and thanksgiving” for various people in your community, for whom do you think you’d focus which type of prayer and why?
- At what points do you think it more important to offer either public or private prayer and why?
- If prayer truly changes things, for what and who do you think it most important to pray in the weeks and months ahead and why?
- When should someone stop praying for something?

Encourage volunteers to share their prayer requests, then close with prayer.



# 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:

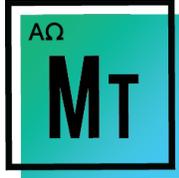
- Nikki shared in the Bible background video about a time when prayer was difficult for her. When has prayer been difficult for you?
- In what ways might praying for our leaders form us into more peaceful, godly or holy people?
- What do you envision when you hear the word "peaceful," particularly in 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.

Writer: Erin Hall



# MYSTIC

session page

## Let It All Out

1 Timothy 2:1-7 | Session 8.38

### Before 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)
- Materials needed: drawing paper, pens, markers, colored pencils, crayons, crayons

### Context

Read aloud [1 Timothy 2:1-7](#) then play the Bible Background Video

In today's reflection, the group will engage in an interpretive prayer experience, as found in the book [Praying in Color – Drawing a New Path to God by Sybil Macbeth](#).

## Reflection

Give everyone in the group a piece of drawing paper while making the drawing instruments available and easily accessible. Reassure people that they do not have to be artists to do this activity!

Invite people to a different way of praying by drawing and coloring as each person or concern is lifted up to God. Allow for at least 30 minutes for this activity, and give the following instructions:

- Start by writing a person's name or a concern somewhere on the paper.
- Draw a shape around the word you've written – it can be a square or circle or hexagon or blob or whatever shape you want.
- As you think about the person or concern, add additional lines and colors around it in any way you see fit. As you draw and color, think about the person or concern and whatever comes to mind that you might want to share with God. Let your thoughts come in words and/or mental images, or you might want to spend the time being "wordless." You may want to choose colors and lines that express your feelings, hopes, or worries about this person or concern.
- When you are "done" contemplating this person or concern, repeat the process for however many other people or concerns come to mind.
- You might also choose to add words to your drawing that express your prayer requests for each person or concern.
- When you feel like your prayer time is done, spend a few moments looking at your picture in God's presence, then close your time by saying a mental "Amen."

Give people the opportunity to share what their experiences, encouraging volunteers to share their pictures and close with a group prayer of thanksgiving.

Writer: Joy Yee



# MEDIA

session page

## Let It All Out

1 Timothy 2:1-7 | Session 8.38

### Before the Session

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

### Context

Play [Sanctus Real's "Pray" video](#) and ask questions like:

- We all know we need to pray, so why is it so hard for some of us sometimes?
- What are we supposed to pray for or about and how do we know that?
- What good do you think prayer accomplishes and why?
- If you were given the assignment to write an academic paper about what happens when we pray, what would you write?

## Content

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

Ask questions like these:

- Why does the writer urge praying for our civil leaders?
- What if we dislike those leaders or voted (or are going to vote against them)?
- How does praying for our leaders being a tranquil life?
- Have you prayed for guidance for the presidential candidates more than for God to make your candidate win?
- Is it our role as believers to live a higher calling to pray for our leaders?
- If God desires all people to be saved then how should we pray for that?
- Does it demand time, action, or both?
- If Paul was “appointed,” then to what might we be appointed and why?

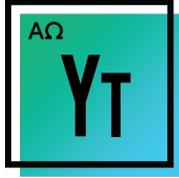
## Closure

Play the [War Room](#) movie clip and ask:

- What do you think of this presentation of prayer?
- For what is Miss Clara praying?
- Why is she asking for God to show her someone else to help?
- Who in your life, if anyone, does the character of Miss Clara remind you of and why?
- In what ways does this prayer reflect this scripture’s views on what it means to be a proper citizen?
- Based on her example, what are some prayers we need to pray and why?
- Where, or to whom, do you think you need God to send you and why?

Close with prayer.

Writer: Jon Self



# YOUTH

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.
- Have available a clean trashcan or bucket, as well as several soft items suitable for throwing. (See Context)
- Listen to the FaithElement podcast for this session.
- Use the social media prompts on this session's webpage to help youth begin engaging the session ahead of their gathering.

### Intro

Play the [Bruce Almighty clip](#) (You'll want to stop at the 3:00 mark), and use these questions to facilitate your discussion:

- What do you think the world would be like if God answered every prayer with "yes" and why?
- Why might someone think that God answers, or does not answer, every prayer?
- What types of prayers might God answer with a "no" and why?

## Context

Form teams of three to five people and give each team a soft ball or other object that can be tossed into a bucket. If you do not have such things available, consider paper wads. At the other end of your meeting space, place a bucket, garbage can, or some other object big enough to hold the thrown object. Tell the group:

*In a little bit, I'm going to say 'go,' and when I do, I want each member of your team to, in turn, try to toss your item into the bucket. If you make it, your team gets a point. Even if you miss, retrieve the ball and hand it to the next person in line on your team. The teams will compete to throw the ball into the bucket as many times as possible within two minutes. You cannot toss anything to your team members, but have to hand items to them and no one can throw anything while they have a team member beyond the starting line.*

Once everyone has heard and understood the rules, start the activity. Once time has expired, determine a winner and ask:

- What is the secret of making a good toss?
- In what way was tossing the ball into the bucket similar to tossing a prayer to God?
- What would you say is the right or wrong way to pray and why?
- What do you think prayer accomplishes and why?

## Content

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

Ask your group:

- Why does the writer tell the readers to pray for the kings and rulers?
- According to this passage, why do we pray in the name of Jesus?
- What kind of emphasis does your congregation place on prayer and why?
- Why does the way someone prays seem to matter to people?
- Why do you think the writer of this passage thought it was important to pray for other people?

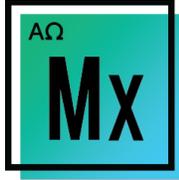
## Closure

Form two teams and place them on opposite sides of the room. Have one team stand still with their heads down and instruct them not to say anything while each person on the other team prays for the person opposite them, plus one other person. After they have finished, switch roles and have the second team pray for the first one. When everyone is finished, re-gather and ask questions like:

- How did it feel to be prayed for by someone else?
- How did it feel to pray for someone else?
- (Volunteers only) Who do you pray for, who do you think prays for you, and why?
- Why does it make some of us nervous to pray for others or know that they are praying for us?
- How might we get more comfortable doing it?

Encourage the group members to remember the people for whom they prayed this morning and continue praying for them throughout the coming week, then close this session in prayer.

Writer: Don Breeden



# MIX

session page

## Let It All Out

1 Timothy 2:1-7 | Session 8.38

### Before the Session

Facilitator: In advance of the session

- Have the Bible Background Video ready to view.
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- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media)

### Context (From the Current Session Page)

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

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- For whom do you usually pray and why?
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- What kinds of prayers might be more or less important when praying about our society as a whole and why?

## Content (From the Mind Session Page)

Read 1 Timothy 2:1-7, then watch the Bible Background Video. Then ask questions like these

- Given his context, why do you think the writer is calling to pray for people in high positions, rather than to them?
- Why is it still important for us to pray for people in high positions?
- How does someone go about offering various types of prayers for “everyone?”
- What do you think the writer means by “a quiet and peaceable life in all godliness and dignity” and in what ways might that concept have changed over the centuries?
- The passage talks of God as “savior” and Jesus as “mediator.” How does that compare with your understanding of the New Testament from other books, and why do you think such language might be used here?
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## Closure (from the Media Session page)

Play the [War Room](#) movie clip and ask:

- What do you think of this presentation of prayer?
- For what is Miss Clara praying?
- Why is she asking for God to show her someone else to help?
- Who in your life, if anyone, does the character of Miss Clara remind you of and why?
- In what ways does this prayer reflect this scripture’s views on what it means to be a proper citizen?
- Based on her example, what are some prayers we need to pray and why?
- Where, or to whom, do you think you need God to send you and why?

Close with prayer.