



## Why Pray Video Processing

To help your processing, here are some things for you to reflect on after watching the Why Pray video. Contact the Pastor of your Trinity Site, your Small Group Leader, your Discipler, or your Coach to pursue further conversation.

Praise  
Remember  
Ask  
Yield

Of these prayer directions, which captures your imagination... where does it carry your thoughts?

Of these prayer directions, which sounds more like a wall or a blackhole? What do you know about God that makes it easier to face him with prayers in that direction?

Describe the foundation your prayer conversations with God rest on.

Do I need to develop a group study in the area of prayer?

Group prayer requests often become lists of those who are sick ranging through everyone's network. Not to negate our call to intercede for others, why is it difficult for a group to pray about sin sickness: hurts difficult to release, habits, hang-ups that are individual struggles?