ChristChurch London Life Group Discussion Outline – 19/04/09
"Growing Strong" – David Stroud

Read 1 Thessalonians 3:6-13

1. Paul's energy for prayer clearly comes through in these verses. We are told that, "night and day we pray most earnestly" (v10). What challenges do we face when developing a vibrant energy-filled prayer life? Can you suggest some good habits that we can develop to help make this easier?

2. Paul did not shy away from praying for himself (v11). In what way is this challenge to us in terms of how we pray? What are the obstacles that we have to overcome before we start to pray for ourselves naturally & regularly?

3. Paul prayed that their "love would increase & overflow" (v12). Paul is praying that love will not only build up within us but also gets to a point where it overflows & spills out everywhere. Discuss how we too can get so full up with the love of God that we are indiscriminate lovers of men & women. What practical difference does this make in the way that we love & relate to others?

   (Think about the different sorts of people your lifegroup is connected to… each other, people on the fringes of church and people on our connections lists).

4. Christian prayer is defined by the fact that:

   We come to God as he is reveal through the Son – The one who loves us, saves us & heals us.

   We come to him because of the blood that ushers in to incredible intimacy.

   We come to him remembering he has won the victory, is winning the victory & will return to implement his victory so we pray & live urgently as a result.

   Spend some time reflecting on what Jesus did for us on the cross, by sharing communion together.