

# Unexplainable

Week 3 - Lead Sheet

## ICEBREAKER

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*A friend is someone who helps you up when you're down, and if they can't, they lay down beside you and listen.*

—Winnie the Pooh

**Questions:** What was the name of your best friend growing up? What made them a great friend?

## SILENCE: BREATH PRAYER

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**LEADER...** Breath prayer is another ancient, contemplative, Christian prayer practice dating back to at least the sixth century. Historically, it is associated with the Eastern Church, particularly Greek and Russian Orthodox churches. It's also known as the "Jesus Prayer" or "Prayer of the Heart". It comes from Luke 18:35-43 where the blind man cried out over and over, "Jesus, Son of David, have mercy on me!" The phrase was updated by the early church to, "Lord Jesus Christ, Son of God, have mercy on me a sinner."

**Have someone read this passage and then introduce this prayer practice to everyone.**

**Luke 18:35–43 (ESV):** *As he drew near to Jericho, a blind man was sitting by the roadside begging. And hearing a crowd going by, he inquired what this meant. They told him, "Jesus of Nazareth is passing by." And he cried out, "Jesus, Son of David, have mercy on me!" And those who were in front rebuked him, telling him to be silent. But he cried out all the more, "Son of David, have mercy on me!" And Jesus stopped and commanded him to be brought to him. And when he came near, he asked him, "What do you want me to do for you?" He said, "Lord, let me recover my sight." And Jesus*

*said to him, "Recover your sight; your faith has made you well." And immediately he recovered his sight and followed him, glorifying God. And all the people, when they saw it, gave praise to God.*

**Take 5 minutes to be still before God and pray this prayer. Set a timer to make things easier. Have everyone sit comfortably, close their eyes, and begin to take long slow breaths in and out. Have them then silently repeat the phrase to themselves, "Lord Jesus Christ, Son of God, have mercy on me a sinner." Tell them to do this 5-10 times.**

**Next have them imagine that God is actually calling them by name and asking them "What do you want me to do for you?" Tell them to silently give God a simple and direct answer that comes honestly from their heart. What do they actually desire God to do for you? Give you peace? Fill you with love? Bring physical, emotional, or spiritual healing? Would you like to feel his presence in a more tangible way? Do you want an answer to a question that has been plaguing your mind?**

**Be aware that it might take time for you to come up with an answer that truly arises from your deepest desire.**

**Then make that your prayer. Confidently ask God to grant your request. Remember that he is a loving Heavenly Father who desires your ultimate good.**

## **LAST WEEK'S CHALLENGE**

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Last week we meditated on Matthew 4:18-20 & John 21:18-22.

**Questions:** Did anything come from that time? Did God reveal anything to you or give you any special insight or help you see something you've never seen before? Were there ways that God's Spirit prompted you to apply what you learned?

## **THOUGHT PROVOKING QUESTIONS**

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**Questions:** Define the word "relationship" as a group? How do we typically develop a relationship with another person: a parent, a child, a sibling, a friend, or a significant other?

**Questions:** Have you ever heard the phrase personal relationship with God? What do you think that means? How can you have a personal relationship with a spiritual being that you can't touch, see, or hear most of the time?

## ENGAGING WITH SCRIPTURE

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**Luke 10:38–42 (ESV):** *Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."*

**Questions:** What are the things that Martha does in this passage of Scripture? Are these good things or bad things?

**Questions:** What are some words that you might use to describe Martha? What is her emotional state?

**Questions:** Do you typically relate more to Martha or Mary?

**Questions:** This weekend Brady mentioned four postures toward God that people typically take: over, under, from, and for.

*\*People who view themselves **over** God don't think about God much in their daily lives. They don't take him into consideration on their everyday decisions. They live as if God isn't active in or concerned with human life. People who view themselves **under** God have a transactional relationship with God. They do what God says so that God will bless them. This can stir up resentment when believe they are obedient and God doesn't reciprocate with favor. People who view God in a **from** posture see him as more of a genie in a lamp. The only time they think about God is when they need something from him. Their prayers focus mainly on requests for provision, protection, healing, etc. People who believe their lives are first and foremost **for** God are concerned mostly with what they can do for God, how they can serve him, or what great things they can accomplish on his behalf. Doing is what drives their service-oriented relationship to God.*

What posture did Martha take toward God? How can you tell? What gives her away?

**Questions:** Jesus told Martha that there are many things—bad things, neutral things, and good things—but that only ONE thing is necessary. What is the necessary thing? What type of relational posture is Jesus extolling?

**Questions:** How can we daily live in a with posture toward God? What does it look like to view God first and foremost *with* us?

## WEEKLY CHALLENGE

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Take time every day this week to meditate on Psalm 139. How does this shape your view of God and his desired relationship to you? Make this Psalm your prayer this week. Pray that God would help you to see him this way. Ask that he would help you be more aware of his abiding presence in your daily life.