

# LIFE GROUP MATERIAL

Be  
Still A Simple Guide  
to Quiet Times

unanswered  
prayer  
the prayer course II

## 2026 Term 1



CHURCH AT  
THE GABBA

# Be Still

A Simple Guide  
to Quiet Times

# The Be Still. Series

## Leader's Guide

*The Be Still Series* is a five-session small group resource, based on Brian Heasley's book, *Be Still: A Simple Guide to Quiet Times*.

## About the series

*The Be Still Series* is designed to help you and your community explore together how to grow and develop a regular quiet time with God.

### Each session contains:

1. A short 10-15 minute video which includes teaching content from Brian Heasley, and friends of 24-7 Prayer sharing their thoughts together.
2. A small group discussion guide, with questions to chat through, time for prayer and a practical action to try after the session.

*Don't worry if you don't make it through all the questions: the aim is to create group conversation rather than covering all the topics.*

### The Be Still book:

Each session of *The Be Still Series* is based on one or two chapters of Brian Heasley's book, *Be Still: A Simple Guide to Quiet Times*, which means the book is a really helpful accompaniment to the series.

However, the sessions and discussions are designed to be used without the book as a stand-alone course.

*If a number of people in your group are interested in buying copies of the book, a bulk-order discount is available in the UK by purchasing through the publisher's website: [www.spckpublishing.co.uk/be-still-429](http://www.spckpublishing.co.uk/be-still-429)*

## Who is The Be Still Series for?

*The Be Still Series* is designed to be used in a small group setting, but it's also suitable for individuals to explore, or Church communities to do together.

The content of the course is suitable for anyone who is interested in exploring what a personal quiet time with God looks like. The course can be used with those who are new, or interested in Christian faith, or with those who have been Christians for a while.

As well as covering the basics of a Quiet Time, *The Be Still Series* goes deeper into themes like perseverance, imagination and how to step out into the world in mission.

The short videos are perfect for small groups meeting both in-person or online, and each session is designed to last 1 hour.

## What do I need to run The Be Still series?

Everything you need to run *The Be Still Series* can be found at [www.24-7prayer.com/bestill](http://www.24-7prayer.com/bestill)

The content can be run as an online course, or in-person groups.

### Running the Be Still series in-person

You'll need:

- **A laptop or television to watch the video content.** The videos are available to watch on Vimeo or can be downloaded to use offline. All video sessions are available at: [www.24-7prayer.com/podcast\\_series/be-still](http://www.24-7prayer.com/podcast_series/be-still)
- **The Be Still Series group discussion guides.** These can be downloaded and printed from the Be Still sessions page ([www.24-7prayer.com/podcast\\_series/be-still](http://www.24-7prayer.com/podcast_series/be-still)) as PDFs, or viewed online on a phone, tablet or laptop.
- **A comfortable environment for your group.** As a group leader, take some time to think about the best place to host the series. If your group is quite small (3-10 people) a living room could be great. However, if your group is larger, think about a room in your church, or consider a community space.

The most important thing is to create a comfortable atmosphere where people can share openly.

## Running the Be Still series online

You'll need:

- **Video call software** such as Zoom, Skype, or Google Meet. We recommend using one that your group will be familiar with.
- **The video session link** for each week; these can be found at [www.24-7prayer.com/podcast\\_series/be-still](http://www.24-7prayer.com/podcast_series/be-still)
- **The small group guide** for each week: these can be found at [www.24-7prayer.com/podcast\\_series/be-still](http://www.24-7prayer.com/podcast_series/be-still)
- **An allocated time for meeting online** as a group each week – we recommend setting a start and finish time for online meetings that works for everyone, and if needed, time for group members to get to know one another a little before the session begins (each session of the course is designed to be run in 1 hour).

## How can I run a great series with my group?

As with all of our small group resources, we recommend the following:

### **Be Vulnerable**

As a leader you'll set the tone for everyone else. However, we recommend creating a safe space and if needed, some ground rules for sharing together.

### **Be Flexible**

The study guides are only guides, so if the conversation goes in a specific direction, don't worry if you don't cover all the questions!

### **Be Humble**

Your job is to help others to share, not to do all of the talking!

### **Be Pastoral**

The personal nature of the small group questions mean that a member of your group could open up about something personal or challenging. We recommend that you are aware of your church's or community's pastoral structures and policies so you can point people towards additional support where needed.

### **Be Prayerful**

Don't forget to pray for your group and with your group throughout the journey. There's such power in prayer ministry and in devoting time to God.

## Are there additional resources?

- **Be Still: A Simple Guide to Quiet Times** by Brian Heasley explores the topics and themes of the course in more depth, and contains additional material to help you and your community develop a regular quiet time with God.
- **Lectio 365** and **Lectio for Families** are free apps by 24-7 Prayer that aim to help you and your family pause and have a regular time with God each day.
  - The **Lectio 365** app contains content for morning and evening that helps you to pray the Bible and focus on God.
  - The **Lectio for Families** app contains daily content for families to explore together, with discussion questions, a weekly memory verse and opportunities to pause and pray.
- [www.24-7prayer.com/prayer](http://www.24-7prayer.com/prayer) contains practical guides for delving deeper in prayer each day, on your own, as a group and with others.

# Be Still.

## Session 1

# Encounter



### Be Still book chapters for this session:

Ch. 1 (Encounter), Ch. 2 (Distraction)

#### A note for leaders:

Welcome to the Be Still series. We hope that this resource will equip you and your community to explore how to grow and develop a daily quiet time with God.

Each session of the series is designed to take one hour but can easily be adapted for your group's needs. We recommend allowing time at the beginning to chat and get to know one another, especially if your group is new.

Each session will include a general question to allow groups to talk about what impacted them most – feel free to allow this to shape the rest of your discussion and don't worry if you don't get through all the questions! However, if your group prefers to have multiple questions to work through, these are provided too.

We also recommend allowing time at the end for reflection and to pray for one another, especially as each session requires a little vulnerability.

# 1. Welcome and introduction

5 mins

In the first session of the Be Still series, we'll explore the significance of a regular encounter with God.

## Key verse

*He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth". – Psalm 46:10*

Begin the session by opening in prayer.

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## 2. Watch the video

15 mins

### Bible passages

Genesis 3:8–9, Psalm 46:10

### Summary points

- Quiet times are about encountering God
  - Find a location for encounter and find a time for encounter
  - "I don't remember what I had for breakfast last Tuesday, but it was good for me." – Brian
- 

## 3. Discussion questions

25 mins

- Q. What did you find most helpful or most challenging in the video?
- Q. Where is your 'garden': your specific place to meet with God? If you don't have one, where could it be?
- Q. Natalie, Hannah, Kwok and Brian shared different times of day that they encounter God. What time could you carve out for an intentional time of encounter?
- Q. Do you think that it's crucial for every Christian to set aside time every day to meet with God?
- Q. What currently distracts you from spending time with God? Is there a way you could turn these distractions into a new way of praying?
- Q. What practical things could you do to increase your eagerness to encounter God regularly?

## 4. Prayer and practical challenge

15 mins

### Prayer

Finish your time together by closing in prayer or splitting into small groups to pray for one another's specific needs.

### Practical challenge

This week, try setting a timer for five minutes every day to sit and be still in the presence of God.

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## Additional resources



**Be Still: A Simple Guide to Quiet times, Brian Heasley**



**How to have a Quiet Time (PDF)**

Download from the Prayer Course toolshed – [www.prayercourse.org/toolshed](http://www.prayercourse.org/toolshed) – **Resource #2**



**The Lectio 365 app**

[www.24-7prayer.com/lectio365](http://www.24-7prayer.com/lectio365)

# Be Still.

## Session 2

# Scripture



**Be Still book chapters for this session:**

Ch. 3 (Scripture), Ch. 4 (Memorize and meditate)

### **A note for leaders:**

Welcome to session 2 of the Be Still series.

Each session is designed to take one hour but can easily be adapted for your group's needs. We recommend allowing time at the beginning to chat and get to know one another, especially if your group is new.

Each session will include a general question to allow groups to talk about what impacted them most – feel free to allow this to shape the rest of your discussion and don't worry if you don't get through all the questions! However, if your group prefers to have multiple questions to work through, these are provided too.

We also recommend allowing time at the end for reflection and to pray for one another, especially as each session requires a little vulnerability.

# 1. Welcome and introduction

5 mins

In this session of the Be Still series, we'll explore the significance of the Bible and how it can shape our quiet times.

## Key verse

*Your word is a lamp for my feet, a light on my path.* – Psalm 119:105

Begin the session by opening in prayer.

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# 2. Watch the video

15 mins

## Bible passages

Psalm 1:1-2, Psalm 119:11, Isaiah 59:1, Luke 4:16

## Summary points

- Bible reading is one of the fundamental pillars of a quiet time
  - The Bible becomes embedded in our hearts when we memorise it
  - "The Bible is alive. What a privilege that we can open it at any moment." – Hannah
- 

# 3. Discussion questions

25 mins

- Q. What did you find most helpful or most challenging in the video?
- Q. How do you approach reading the Bible in your daily life? What are the things that prevent you from reading it?
- Q. Brian mentioned the important relationship between prayer and the Bible. Do you lean more towards prayer or Bible reading in your quiet time? How could you challenge yourself to make this balance more even?
- Q. How do you think our perspective of the Bible as the Word of God compares to other faith traditions, cultures, or periods in history? Do we give it enough respect?

- Q. "Meditation is not an emptying, but a filling of one's mind with the word of God." Have you ever tried memorising Scripture, or experienced how remembering Scripture has helped you during difficult seasons in your life?
  - Q. Kwok and Natalie suggested creative ways to memorise Scripture; reflecting on your own personality and experience, how could you engage with the Bible in a new way this week?
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## 4. Prayer and practical challenge

15 mins

### Prayer

Finish your time together by closing in prayer or splitting into small groups to pray for one another's specific needs.

### Practical challenge

This week, pick a Bible verse to memorise. You could even recite it to the rest of the group next week!

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## Additional resources

 **Be Still: A Simple Guide to Quiet times, Brian Heasley**

 **How to pray the Psalms (PDF)**

Download from the Prayer Course toolshed – [www.prayercourse.org/toolshed](http://www.prayercourse.org/toolshed) – **Resource #5**

 **Use the Bible to pray**

[www.24-7prayer.com/praythebible](http://www.24-7prayer.com/praythebible)

# Be Still.

## Session 3

# Wonder



### Be Still book chapters for this session:

Ch. 6 (Imagination), Ch. 7 (Wonder)

#### A note for leaders:

Welcome to session 3 of the Be Still series.

Each session is designed to take one hour but can easily be adapted for your group's needs. We recommend allowing time at the beginning to chat and get to know one another, especially if your group is new.

Each session will include a general question to allow groups to talk about what impacted them most – feel free to allow this to shape the rest of your discussion and don't worry if you don't get through all the questions! However, if your group prefers to have multiple questions to work through, these are provided too.

We also recommend allowing time at the end for reflection and to pray for one another, especially as each session requires a little vulnerability.

# 1. Welcome and introduction

5 mins

In this session of the Be Still series, we'll think about how the practice of wonder can inspire and bring fresh life to our quiet times.

## Key verse

*God saw all that he had made, and it was very good.* – Genesis 1:31

Begin the session by opening in prayer.

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# 2. Watch the video

15 mins

## Bible passages

Genesis 1:31, Genesis 28:10-17, Psalm 24:1

## Summary points

- There is creation beauty everywhere but sometimes we just don't see it
  - Developing wonder in our daily lives can help us increase our awareness of God
  - "It's like having that new pair of eyes to see things for the first time, to give us that wonder." – Kwok
- 

# 3. Discussion questions

25 mins

- Q. What did you find most helpful or most challenging in the video?
- Q. How comfortable and/or excited do you feel about using your imagination and practising wonder in your relationship with God?
- Q. What specific things distract you from slowing down to appreciate what's around you? Is slowing down necessary to practise wonder?
- Q. We all have a different interpretation of beauty: where do you most easily see the glory of God?
- Q. Do you think that our self-esteem can get in the way of our encounters with God? Do our own interests and to-do lists distract us from practising wonder?

Q. "We get so busy doing the work of the kingdom that we forget to sit at the feet of the king." – Brian.

Is this true of you or your community? How could you prioritise seeking time to be in God's presence this week?

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## 4. Prayer and practical challenge

15 mins

### Prayer

Finish your time together by closing in prayer or splitting into small groups to pray for one another's specific needs.

### Practical challenge

This week, at the beginning or end of your day, write down anything you saw that pointed you to the wonder of God.

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## Additional resources

 **Be Still: A Simple Guide to Quiet times, Brian Heasley**

 **How to do the Lectio Divina (PDF)**

Download from the Prayer Course toolshed – [www.prayercourse.org/toolshed](http://www.prayercourse.org/toolshed) – **Resource #21**

 **How to pray creatively (PDF)**

Download from the Prayer Course toolshed – [www.prayercourse.org/toolshed](http://www.prayercourse.org/toolshed) – **Resource #7**

 **How to practise Christian meditation (PDF)**

Download from the Prayer Course toolshed – [www.prayercourse.org/toolshed](http://www.prayercourse.org/toolshed) – **Resource #8**

# Be Still.

## Session 4

# Hiddenness



**Be Still book chapters for this session:**

Ch. 8 (Persevering), Ch. 9 (Hidden Life)

### **A note for leaders:**

Welcome to session 4 of the Be Still series.

Each session is designed to take one hour but can easily be adapted for your group's needs. We recommend allowing time at the beginning to chat and get to know one another, especially if your group is new.

Each session will include a general question to allow groups to talk about what impacted them most – feel free to allow this to shape the rest of your discussion and don't worry if you don't get through all the questions! However, if your group prefers to have multiple questions to work through, these are provided too.

We also recommend allowing time at the end for reflection and to pray for one another, especially as each session requires a little vulnerability.

# 1. Welcome and introduction

5 mins

In this session of the Be Still series, we'll explore the value of and lessons that can be learnt from hiddenness.

## Key verse

*"Depart from here and turn eastward and hide yourself by the brook ..."* – 1 Kings 17:3 (ESV, emphasis added)

Begin the session by opening in prayer.

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# 2. Watch the video

15 mins

## Bible passages

1 Kings 17-18, Romans 12:2, Matthew 7:7

## Summary points

- In hiddenness we learn about God and are prepared for the moments when we will be visible
  - We need to learn the art of perseverance in a culture of immediacy
  - "I've seen too much of God to give up" – Natalie
- 

# 3. Discussion questions

25 mins

- Q. What did you find most helpful or most challenging in the video?
- Q. How well do we cope with the idea of hiddenness in our culture? How well do you cope with the idea of hiddenness in your life?
- Q. Do you have a place of hiddenness with God? Where could you make time and space in your regular routine to develop one?
- Q. In the story of Elijah, there were three years between God's call for Elijah to hide himself and God's instruction to Elijah to show himself. Are you waiting for God's command or response in any areas of your life?

- Q. What things do you need to 'ask and keep asking' for in prayer? How can you encourage yourself to persevere in prayer?
  - Q. Think about your church community. Do you value hiddenness or focus more on platform culture? How could you better celebrate hiddenness and perseverance?
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## 4. Prayer and practical challenge

15 mins

### Prayer

Finish your time together by closing in prayer or splitting into small groups to pray for one another's specific needs.

### Practical challenge

This week, try not to post anything on social media, or stop using social media altogether!

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## Additional resources



Be Still: A Simple Guide to Quiet times, Brian Heasley

# Be Still.

## Session 5

# Mission



**Be Still book chapters for this session:**

Ch. 12 (Mission and justice)

### **A note for leaders:**

Welcome to the final session of the Be Still series.

Each session is designed to take one hour but can easily be adapted for your group's needs. We recommend allowing time at the beginning to chat and get to know one another, especially if your group is new.

Each session will include a general question to allow groups to talk about what impacted them most – feel free to allow this to shape the rest of your discussion and don't worry if you don't get through all the questions! However, if your group prefers to have multiple questions to work through, these are provided too.

We also recommend allowing time at the end for reflection and to pray for one another, especially as each session requires a little vulnerability.

# 1. Welcome and introduction

5 mins

In our final session of the Be Still series, we'll unpack how our quiet times can be the launch pad for sharing Jesus in the world.

## Key verse

*"Therefore, go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit." – Matthew 28:19*

Begin the session by opening in prayer.

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# 2. Watch the video

15 mins

## Bible passages

Matthew 28:16-20, Acts 2:1-41

## Summary points

- The relationship we develop with God in our quiet times will affect how we live our lives
  - Prayer is always the birthplace of mission
  - "Who is my neighbour and what does love look like today?" - Natalie
- 

# 3. Discussion questions

25 mins

- Q. What did you find most helpful or most challenging in the video?
- Q. Brian talks about how the quiet time is the birthplace of mission. What practices could you add to your regular quiet times to inspire you to share Jesus with others?
- Q. Do you think mission is as simple as sharing the love we have found? Do you think that we over-complicate what mission should be?
- Q. What are the answers to Natalie's questions for you?  
Who is your neighbour? What does love look like today (or this week)?

Q. "For the joy that was set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God." Hebrews 12:2

What would it look like to live a life that was joyfully sacrificial?

Q. What one thing has had the greatest impact on you from this series? How will it make a difference to your quiet times?

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## 4. Prayer and practical challenge

15 mins

### Prayer

Finish your time together by closing in prayer or splitting into small groups to pray for one another's specific needs.

### Practical challenge

Make a list of five people you would like to come to know Jesus. Commit to pray for them regularly (even daily).

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## Additional resources

 **Be Still: A Simple Guide to Quiet times, Brian Heasley**

 **Run a 24-7 Prayer room**  
[www.24-7prayer.com/prayerrooms](http://www.24-7prayer.com/prayerrooms)

 **Mission**  
[www.24-7prayer.com/mission](http://www.24-7prayer.com/mission)

unanswered  
**prayer**

the prayer course II



# Prayer Course II: Unanswered Prayer

## Leader's Guide

**This guide will help you to prepare to run The Prayer Course II: Unanswered Prayer in your context.**

The Prayer Course II is a follow up to The Prayer Course, based on Pete Greig's book, *God on Mute*.

## Who is the Prayer Course II for?

We've designed the Prayer Course II: Unanswered Prayer as a follow up to [The Prayer Course](#), which means we recommend it for groups who have already completed the Prayer Course and want to go deeper in their understanding of prayer, and unanswered prayer.

Like *The Prayer Course*, this follow up series is designed to be used in a small group setting, but it is also suitable for individuals, or churches to use together.

## What do I need to run the Prayer Course II?

Everything you need to run the Prayer Course II: Unanswered Prayer can be found on The Prayer Course II website.

The content can be run as an online course, or in-person groups.

The Prayer Course II consists of 5 video sessions, with accompanying small group guides.

## Running the Prayer Course II Online

You'll need:

- Video call software such as Zoom, Skype, or Google Meet (we recommend using one that your group will be familiar with)
- The Prayer Course II video session link for each week: these can be found on the sessions page of the Prayer Course II website.
- The Prayer Course II small group guide for each week: these can be found on the sessions page of the Prayer Course II website.
- An allocated time for meeting online as a group each week – we recommend setting a start and finish time for online meetings that works for everyone, and if needed, time for group members to get to know one another a little before the session begins. (each session of the course is designed to be run in 90 minutes)

## Running the Prayer Course II in-person

You'll need:

- A laptop or television to watch the video content. The videos are available to download, so that they can be viewed offline. Alternatively, the videos are available on YouTube so can be watched using a smart television, as well as streamed on the Prayer Course website.
- The Prayer Course II small group guides. These can be downloaded from the Prayer Course website as PDFs, or viewed online on a phone, tablet or laptop.
- A comfortable environment for your group. As a group leader, take some time to think about the best place to host the Prayer Course II. If your group is quite small, a living room could be great. However, if your group is larger, think about a room in your church, or consider a community space.

The most important thing is to create a comfortable atmosphere where people can share openly.

## What does a session of the Prayer Course II look like?

Each session of the Prayer Course II follows the same format:

- **Introduction:** We encourage you to open in prayer as you start your time together. This doesn't need to be long or well-rehearsed. Simply invite God to be present and ask the Holy Spirit to guide and speak through your time together.
- **Video and interview:** Each video includes a conversation on the week's theme between Pete Greig and co-host Gemma Hunt. Within each video there will also be a short interview with a special guest.
- **Discussion:** Each small group study guide contains discussion questions that directly relate to the content of the video. Don't worry if you don't get through all of the questions; the aim is to create group conversation rather than covering all of the topics.
- **Praying together:** We recommend ending each session with a time of prayer especially as the content of the course could feel quite challenging at points, wrestling with pain and challenges associated with unanswered prayer.

## Are there any tips for group leaders?

We recommend the following:

**Be Vulnerable** – As a leader you'll set the tone for everyone else. However, we recommend creating a safe space and if needed, some ground rules for sharing together.

**Be Flexible** – The study guides are only guides, so if the conversation goes in a specific direction, don't worry if you don't cover all the questions!

**Be Humble** – Your job is to help others to share, not to do all of the talking!

**Be Pastoral** – It's highly likely someone will open up about something very deep through this journey. We recommend that you shouldn't try counselling deep trauma in a small group context. Be aware of your church's pastoral structures and policies so you can point people towards specialist help where needed.

**Be Prayerful** – Don't forget to pray for your group and with your group throughout the journey. There's such power in prayer ministry and in devoting your time to God.

## **What additional resources are there?**

- **God on Mute by Pete Greig** explores the stories and themes in more detail, and also contains handy tips and topics relating to unanswered prayer.
- **The Lectio 365 App:** a free daily devotional resource that equips you to pray the Bible each morning and night. Find out more about the app: [24-7prayer.com/lectio365](https://24-7prayer.com/lectio365)
- [24-7prayer.com](https://24-7prayer.com) contains free resources and ideas to help you and your community to pray.

## **Got questions?**

Drop us an email: [info@prayercourse.org](mailto:info@prayercourse.org)

## Session 1

# God on Mute: Engaging the Silence



### A note to leaders:

This is the beginning of an amazing journey. The Prayer Course II videos provide useful teaching, but it is in small groups that this information turns into transformation through the power of personal discussion and prayer.

These guides have been designed to provide you with all the content you could possibly need to lead five brilliant sessions, exploring the questions we all ask when confronted with unanswered prayer.

These discussions are designed to last an hour (plus 30 minutes for the video) but we have deliberately given you more content and questions than you will be able to get through in this time. Just choose the parts that you feel will work best for your group and don't worry if one or two questions sometimes take up the whole of the session. We recommend that you always make time for personal prayer ministry at the end.

## 1. Welcome and introduce the session

5 minutes

### Key verses

**“Blessed are the poor in Spirit, for theirs is the kingdom of heaven.” – Matthew 5:3**

### Introduction

Welcome to session 1 of The Prayer Course II: Unanswered Prayer! Over the next five sessions we're going to process some of the painful and disappointing things we've probably all experienced as Christians – which we're not always good at sharing.

During these video sessions and small group discussions, the aim is to share together from personal experience and learn from one another, seeking God and asking how, together, we can learn and grow.

The aim of these sessions isn't to find all of the answers to our questions, but to share and care for one another. You'll find plenty of additional materials to go deeper in learning and understanding on the Prayer Course II website. The main objective of these sessions is to bind up broken hearts by fostering an atmosphere of honesty and openness together.

### Leader's note

**If possible briefly share a part of your own story that has caused you pain or disappointment, setting a tone from the start of honest vulnerability in the group. You might like to start with, "Personally I'm excited about this course because..."**

**Begin the session by asking someone to open in prayer**

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## 2. Watch the video

30 minutes

### Bible passages from the session

Luke 18:9-14, Matthew 5:3-5

### Key points

(for your reference in case people need a little prompting!)

- It's a sign of faith, not doubt, to wrestle with unanswered prayer
- We need to talk about unanswered prayer for three reasons:

**Emotionally** – most of us have pain we need to process

**Intellectually** – we may also have questions we need answered

**Culturally** – sadly the church can be less honest than the Bible

- 'Grace groweth best in winter' (Samuel Rutherford) - Harsh winters are often the seasons in which we mature and become more fruitful

"Faith says, 'Even though I don't understand you right now, God, I love you. I believe your heart for me is good.'" – Bob Sorge

### 3. Discussion questions

30 - 45 minutes

- Q. What did you find most helpful, inspiring or challenging in what Pete Greig, Gemma Hunt and Bob Sorge shared?
- Q. Pete Greig said that we need to talk about unanswered prayer for three reasons: emotional, intellectual and cultural. Which feels most relevant to you at the present moment as you begin this series?
- Q. The words of Jesus in the book of Matthew teach us to expect blessing in the midst of challenges – how does this encourage (or discourage!) you in your faith?
- Q. Pete says that “there’s so much faking it” at church. If you could ask God one totally honest question about something you find difficult in your life, what would it be?

#### Leader’s note

**This is potentially a deep and difficult moment. You may like to go around in a circle so that everyone is gently encouraged to participate. Do also make it clear that if anyone would prefer not to share, that’s fine.**

- Q. When have you experienced a ‘winter season’ in your relationship with God? How did it affect your faith?
- Q. Bob Sorge seems to be able to love and trust God even though he’s lived with incredible disappointment for decades. How is this possible?
- Q. What, practically, do you think is needed for persevering in faith and prayer through the ‘winter seasons’ of life?

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### 4. Small group prayer

15 minutes

#### Leader’s note

**If your group is more than 3 people, we would recommend splitting into smaller groups of 2 or 3 to give everyone an opportunity to share and pray for one another. Explain how much time you will have for prayer, and roughly how much time each person will have for sharing and praying.**

#### Ask one another

- Q. How are you feeling about the things we’ve discussed today? Are there any areas in which you’d appreciate prayer?

## 5. Closing comments

5 minutes

**Share with the group what you've really appreciated about the session.**

Next week's session will explore Maundy Thursday and the most basic heart questions we all ask when we suffer: "How am I going to get through this?"

To prepare for that, and to get the most out of the session, read chapters 1-6 of *God on Mute*. This is also available as an audiobook if you find that easier.

### Closing prayer

A prayer for trust in Jesus, by Ignatius of Loyola:

*O Christ Jesus,  
when all is darkness  
and we feel our weakness and helplessness, give us the sense of Your presence,  
Your love, and Your strength.  
Help us to have perfect trust  
in Your protecting love  
and strengthening power,  
so that nothing may frighten or worry us, for, living close to You,  
we shall see Your hand,  
Your purpose, Your will through all things.*

— taken from *God on Mute*, chapter 4

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## Further resources & reflection

### Journaling question

As I begin this journey into unanswered prayer, what do I want to explore, unpack or contemplate?

### Daily devotions

At the back of the book that accompanies this course - *God on Mute* - you will find "God UnMute" – a forty day devotional journey. You may like to begin using this resource each day while we are doing this course together, to help you process and pray at a much deeper level.

## Reflect on...

Read the poem *Silent God* by Edwina Gateley <sup>1</sup>

*This is my prayer—  
That, though I may not see,  
I be aware  
Of the Silent God  
Who stands by me.  
That, though I may not feel,  
I be aware  
Of the Mighty Love  
Which doggedly follows me.  
That, though I may not respond,  
I be aware  
That God—my Silent, Mighty God,  
Waits each day.  
Quietly, hopefully, persistently.  
Waits each day and through each night  
For me.  
For me—alone.*

## Books

- God on Mute, Pete Greig

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<sup>1</sup> Edwina Gateley, *There Was No Path - So I trod one*, (1996)

## Session 2

# Maundy Thursday: “How am I going to get through this?”



### A note to leaders:

Welcome back! In Session 2 of The Unanswered Prayer Course we explore the deep heart questions we tend to ask when confronted with suffering. The aim of discussions this time is, therefore, to help people open up emotionally in a way that builds trust and elicits prayer ministry.

You may want to take a little time before the meeting starts to pray through Isaiah 61:1-7. Apply vv 1-3a to yourself, asking the Spirit to anoint you today to 'bind up broken hearts' (v.1) and to 'comfort all who mourn.' (v.2). Then pray vv. 3b-7 over the members of the group.

## 1. Introduce the session

5 minutes

### Key verses

**“My soul is overwhelmed with sorrow to the point of death... Abba Father ... everything is possible for you. Take this cup from me. Yet not what I will, but what you will.” – Mark 14:34, 36**

### Introduction

Welcome to session 2 of The Prayer Course II: Unanswered Prayer!

Once again we're going to watch a video, then we're going to discuss the questions it raises and finally we're going to pray together. The course as a whole aims to help us process pain and disappointment by addressing the four big questions we all tend to ask when we suffer.

Today it's the questions of the heart: "How am I going to get through this?" and we're going to look at Jesus on Maundy Thursday in the Garden of Gethsemane.

**Begin the session by asking someone to open in prayer**

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## 2. Watch the video

35 minutes

### Bible passages from the session

Mark 14:32-37, Psalm 23, Romans 5:3-4

### Key points

(for your reference in case people need a little prompting!)

- We can learn 4 keys to coping with despair from Jesus in the Garden of Gethsemane:  
**Place, People, Prayer, Purpose**
- Jesus isn't just dying for us, He's suffering with us
- Find a purpose in the pain when you can, and find a purpose in spite of the pain when you can't

"I don't want to remain in this place of sorrow and anger... I want to choose life again, and I want to find life again." - Simon Thomas

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## 3. Discussion questions

30 - 40 minutes

- Q.** What did you find most helpful, inspiring or challenging in what Pete Greig, Gemma Hunt and Simon Thomas shared?
- Q.** In the Garden of Gethsemane, Jesus shares with his friends that "[His] soul is overwhelmed to the point of death" – what are the barriers or obstacles you face when sharing honestly or openly with friends? Would anyone be willing to share about a time in which their soul felt 'overwhelmed'?
- Q.** What happens to your prayer life when you are feeling overwhelmed or upset? What do you notice that you do differently?
- Q.** Pete Greig says, "God does not leave us to suffer alone" – is this something that you have experienced? Where has God met you in your suffering?
- Q.** Do you think that it's possible for everyone to find a purpose in – or in spite of – their pain?

- Q. Pete Greig talks about the holocaust survivor Viktor Frankl and the importance of finding some kind of purpose in spite of our pain.

**Take a minute** or two in the silence to reflect on an area of suffering you have experienced, consider ways in which you have been able to find – or might be able to find – some kind of purpose in it or in spite of it.

**[When the group reconvenes]**

Would anyone be willing to share a purpose they can see in something they have suffered?

- Q. Simon in his interview shares about his honest – often angry – prayers to God. What are the things that make it hard to be truly emotionally honest with God?
- Q. How might we as a group do more to invest in one another during struggles and trials? Are there practical steps that need to be taken to support one another more?

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## 4. Small group prayer

15 minutes

### Leader's note

**If your group is more than 3 people, we would recommend splitting into smaller groups of 2 or 3 to give everyone an opportunity to share and pray for one another. Explain how much time you will have for prayer, and roughly how much time each person will have for sharing and praying.**

### Ask one another

- Q. How are you feeling about the things we've discussed today? Are there any areas in which you'd appreciate prayer?

## 5. Closing comments

5 minutes

**Share with the group what you've really appreciated about the session.**

Next week's session will explore Good Friday and some of the biggest questions we face in pain and suffering: "Why does God permit suffering?" "Why does sometimes seem so far away?" "Why do my deepest prayers remain unanswered?"

To prepare for that, and to get the most out of the session, read chapters 7-10 of *God on Mute*. This is also available as an audiobook if you find that easier.

### Closing prayer

*Lord,  
help me to stand today.  
Temptations and trials abound.  
When life hurts,  
I get confused, dishonest, suspicious, and critical.  
I put on the belt of truth.  
When life hurts,  
my relationships suffer—especially my relationship with You.  
I put on the breastplate of righteousness.  
When life hurts,  
I either get really lazy or I make myself really busy.  
I put on the shoes of the gospel.  
When life hurts,  
I let down my guard and leave myself exposed.  
I take up the shield of faith.  
When life hurts,  
my thinking gets negative and I question everything.  
I put on the helmet of salvation.  
When life hurts,  
I'm a coward.  
I take hold of the sword of the Word.  
Lord, it doesn't feel very "finished" down here.  
I don't feel very "finished".  
See me kneeling.  
Help me stand.*

– taken from *God on Mute*, by Pete Greig, chapter 10

# Further resources & reflection

## Journaling question

Where is God inviting me to meet Him in my pain, this week?

## Daily devotions

At the back of the book that accompanies this course - God on Mute - you will find “God UnMute” – a forty day devotional journey. The daily content can help you process and pray at a much deeper level.

## Reflect on...

Take time to pause and reflect on The Isenheim Altarpiece, by Matthias Grünewald, which Pete Greig talked about in the session. (available online at <https://www.wikiart.org/en/matthias-grunewald/the-isenheim-altarpiece-1516>)

## Books

- Love, Interrupted: Navigating Grief One Day at a Time, Simon Thomas
- Man’s Search for Meaning, Victor Frankl
- God on Mute, Pete Greig

## Session 3

# Good Friday: “Why aren’t my prayers working?”



### A note to leaders:

Today we wrestle with the biggest theological question of all time: “Why does a loving God allow terrible things to happen?” This may sound theoretical but, of course, it’s deeply personal. Every member of your group will have asked the “why?” question at some time.

This really could be a challenging session, so if you’re able, read chapters 7-10 of *God on Mute* in advance. Remember that you don’t have to answer every question, and you certainly won’t solve the problem of evil in 90 minutes! Your aim should be to facilitate the kind of honest conversation in which everyone feels heard.

Remember that it’s fine to say “I don’t know.” Try to lead your group into a place of deeper trust.

## 1. Introduce the session

5 minutes

### Key verses

**“And at three in the afternoon Jesus cried out in a loud voice, ‘Eloi, Eloi, lema sabachthani?’ (which means ‘My God, my God, why have you forsaken me?’)” – Mark 15:34**

### Introduction

Welcome to session 3 of The Prayer Course II: Unanswered Prayer!

As usual we're going to do three things: First, we'll watch a video. Then we'll discuss the questions it provokes. Finally and most importantly, we'll pray together.

Last time we thought about Maundy Thursday and asked the heart question: "How am I going to get through this?" Today we're going to think about Good Friday and ask the more intellectual questions: "Why am I suffering?" "Why am I going through this?" "Why is God letting this happen to me?"

**Begin the session by asking someone to open in prayer**

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## 2. Watch the video

35 minutes

### Bible passages from the session

Mark 15:33-34, John 14:12, Genesis 17:17-22, Ephesians 6:10-17

### Key points

(for your reference in case people need a little prompting!)

- Our unanswered prayers can be attributed to **God's world, God's will** or **God's war**
- Miracles have to be the exception rather than the rule because our world is infinitely complicated
- The will of God is often far darker and more painful than we imagine for reasons we can't immediately understand
- Spiritual warfare is real. Sometimes we need to stop fighting against God, and start fighting with him against the enemy of our souls

"There is hope, but that hope will not invalidate your pain..." - Alain Emerson

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## 3. Discussion Questions

30 - 40 minutes

- Q.** What did you find most helpful, inspiring or challenging in what Pete Greig, Gemma Hunt and Alain Emerson shared?
- Q.** If you could ask God one "Why?" question, what would it be?
- Q.** On the cross Jesus asks God "Why have you forsaken me?" Would anyone be willing to describe a time that you felt abandoned or deserted by God when you needed him most?

### Leader's note

**Please note that this is a challenging question, especially for those who have experienced pain and loss, so do be aware of specific circumstances your group members might have faced as you ask this question.**

**God's will:** In the book of Isaiah, God says: "My thoughts are not your thoughts, neither are your ways my ways." (Isaiah 55:8)

- Q. Looking back on past disappointments, does anyone have an example of a time when God knew best, even though you didn't think so at the time?
- Q. Why do we find it so hard to trust God?

**God's world:** Pete Greig quotes C.S. Lewis saying that, "the very conception of a common, and therefore stable, world demands that [miracles] should be extremely rare." <sup>1</sup>

- Q. Do you agree with this?
- Q. Should we pray less for miracles or simply trust more when our prayers aren't answered the way we want?

### God's war:

- Q. Is it possible for a tragedy not to be God's 'fault'? Do you agree with Pete Greig's statement that we tend to blame God for things that are Satan's doing?
- Q. Does anyone have an experience of spiritual warfare that they can share?

Alain Emerson shares about the power of hope alongside the reality of pain.

- Q. Do we as a community lean too hard on one side of this equation, either focusing so much on hope that we aren't honest about pain, or focusing so much on pain that we fail to have hope? How can we hold both hope and pain together?

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## 4. Small group prayer

15 minutes

### Leader's note

**If your group is more than 3 people, we would recommend splitting into smaller groups of 2 or 3 to give everyone an opportunity to share and pray for one another. Explain how much time you will have for prayer, and roughly how much time each person will have for sharing and praying.**

### Ask one another

- Q.** Earlier we shared the “why?” questions we’d like to ask God. Returning to this exercise, what would your most personal “why?” question be?

Pete Greig says that “it’s possible to trust even when we don’t understand”. Pray for one another. As you do so, you may find it helpful to remember God’s words to the apostle Paul: “My grace is sufficient for you, for my power is made perfect in weakness” (2 Cor 12:9)

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## 5. Closing comments

5 minutes

**Share with the group what you’ve really appreciated about the session.**

Next week’s session will explore Holy Saturday and the mystery of God’s silence. We’ll be asking the question “Where?” - “Where on earth are you God, when heaven is silent and your son lies dead in the grave?”

To prepare for that, and to get the most out of the session, try to read chapters 11-12 of *God on Mute*. This is also available as an audiobook if you find that easier.

### Closing prayer

**Today we’ve tried to understand better the things we can, and to trust better when we can’t understand. Let’s finish now with a prayer of relinquishment written by George Macdonald. It’s not an easy prayer but you may like to open your hands as a sign of surrender.**

*Afresh I seek thee, lead me—once more I pray— Even should it be against my will,  
thy way.*

*Let me not feel thee foreign any hour,*

*Or shrink from thee as an estranged power.*

*Through doubt, through faith, through bliss, through stark dismay,*

*Through sunshine, wind, or snow, or fog, or shower, Draw me to thee who art my  
only day.*

– by George Macdonald <sup>2</sup>. Taken from *God on Mute*, by Pete Greig, chapter 9

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# Further resources & reflection

## Journaling question

“Where can I see God’s goodness at work in and through painful situations in my life? In what particular ways can I get better at trusting God when I don’t understand him?”

## Daily devotions

At the back of the book that accompanies this course - God on Mute - you will find “God UnMute” – a forty day devotional journey. The daily content can help you process and pray at a much deeper level.

## Reflect on...

- Take time to pause and reflect on Christ of Saint John of the Cross, by Salvador Dali (available online at [en.wikipedia.org/wiki/Christ\\_of\\_Saint\\_John\\_of\\_the\\_Cross](https://en.wikipedia.org/wiki/Christ_of_Saint_John_of_the_Cross))
- Watch The Mission, directed by Roland Joffé (1986).

## Books

- Luminous Dark, Alain Emerson
- The Problem of Pain, C. S. Lewis
- Night, Elie Wiesel
- The Crucified God, Jurgen Moltmann
- God on Mute, Pete Greig

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1 C S Lewis, Problem of Pain p.25

2 George Macdonald, Diary of an Old Soul (London: SPCK, 2001) p46.

## Session 4

# Holy Saturday: “Where is God when heaven is silent?”



### A note to leaders:

Few experiences in life are as disconcerting as seasons in which God is silent. This may be a current reality for some members of your group. Therefore, it's important to dignify their questions in this session without trying to 'solve' them.

This could be a challenging and vulnerable session for many members of your group, especially as there are no easy answers or quick fixes to the topics explored. In *God on Mute* Pete Greig says that “God’s silence is not his absence but rather his presence in another form”.

People who are experiencing God’s silence can still know his presence, so make sure you leave plenty of time for prayer. And remember that one of the main manifestations of God’s presence at such times is the loving presence of God’s people.

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*Please note that this session includes a graphic depiction of the torture and death of a child in a concentration camp as part of a discussion about suffering and the cross.*

## 1. Introduce the session

5 minutes

### Key verses

“My God, I cry out by day, but you do not answer, by night, but I find no rest.” –  
Psalm 22:2

## Introduction

Welcome to session 4 of The Prayer Course II: Unanswered Prayer!

As usual today we're going to watch a video, then we're going to discuss the questions it provokes and finally we're going to pray together.

Today we're looking at the mystery of Holy Saturday, and asking "Where" questions: "Where is God when heaven is silent?", "Where is God in the midst of my unanswered prayer, pain and suffering?" We'll be exploring the uncertainty that often comes with waiting, and the struggle when it feels like God is silent.

**Begin the session by asking someone to open in prayer**

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## 2. Watch the video

35 minutes

### Bible passages from the session

Psalms 22

### Key points

(for your reference in case people need a little prompting!)

- Most of us live our lives somewhere between the cross and the resurrection
- Have faith in the faith of others, even when you don't have faith of your own
- The paradox of real life is hurt and hope together; praise in spite of the pain

"... they tried to kill me; I don't know how I survived. But I always say that the reason I survived is just to be a testimony for others."- Helen Berhane

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## 3. Discussion questions

30 - 45 minutes

- Q.** What did you find most helpful, inspiring or challenging in what Pete Greig, Gemma Hunt and Helen Berhane shared?
- Q.** Where are you waiting for a breakthrough, a word from God, or an answer to your prayers? What unanswered questions are you carrying today?
- Q.** In God on Mute, Pete Greig talks about our tendency to "rush the resurrection"; to "leapfrog Holy Saturday"; to tidy up the mess too fast. What is it that makes waiting with unresolved questions such a hard thing to do?

- Q. People often say that God’s timing is perfect. Do you agree with this? Why does he sometimes seem so slow?
  - Q. In God on Mute Pete Greig says that “God’s silence is not his absence but rather his presence in another form”. In what ways have you experienced God’s presence in the midst of silence in the past?
  - Q. In the midst of your pain and silence, have there been moments where you have been able to say, like Elie Wiesel, “There is God?”
  - Q. Pete Greig shares about the significance of developing spiritual muscle memory to carry us through the darker and more difficult times of life. What does this mean for you? What ‘holy habits’ have you cultivated - or would you like to cultivate – in your life?
  - Q. The Bible articulates the reality of life; the pain and hope coming together. Are there any particular Bible passages that have sustained you during times of trial or struggle?
  - Q. Helen Berhane’s story demonstrates the power of worshipping in the midst of pain and silence. What can we practically do as a group to help one another to fix our eyes on Jesus in the midst of challenges?
- 

## 4. Small group prayer

15 minutes

### Leader’s note

**If your group is more than 3 people, we would recommend splitting into smaller groups of 2 or 3 to give everyone an opportunity to share and pray for one another. Explain how much time you will have for prayer, and roughly how much time each person will have for sharing and praying.**

### Ask one another

- Q. Pete Greig says that it’s possible to “Have faith in the faith of others, even when you don’t have faith of your own.” Are there any particular ways in which you would like members of the group to “have faith” on your behalf in prayer now?
  - Q. Are there any other areas in which you’d appreciate prayer?
-

## 5. Closing comments

5 minutes

**Share with the group what you've really appreciated about the session.**

Next time, in our final session, we'll be focusing on the hope of Easter Sunday and our final question: "When?" – "When will my prayers be answered?"

To prepare for that, and to get the most out of the session, try to read chapters 13-14 of *God on Mute*. This is also available as an audiobook if you find that easier.

### Closing prayer

Holy Saturday calls for trust, patience and a certain defiant hope. We're going to finish now with a prayer from Alan E. Lewis, one of the few theologians who made it his life's work to study Holy Saturday:

*Hear our prayer for a world still living an Easter Saturday existence, oppressed and lonely, guilty of godlessness and convinced of godforsakenness. Be still tomorrow the God you are today, and yesterday already were: God with us in the grave, but pulling thus the sting of death and promising in your final kingdom an even greater victory of abundant grace and life over the magnitude of sin and death. And for your blessed burial, into which we were baptized, may you be glorified for evermore. Amen.*

— taken from *God on Mute* by Pete Greig, chapter 12

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## Further resources & reflection

### Journaling question

Who are the trusted friends I can turn to in a season of silence? How might I let them know this week how important they are to me?

### Daily devotions

At the back of the book that accompanies this course - *God on Mute* - you will find "God UnMute" – a forty day devotional journey. The daily content can help you process and pray at a much deeper level.

## Reflect on...

The poem *Kneeling*, by R S Thomas <sup>1</sup>

*Moments of great calm,  
Kneeling before an altar  
Of wood in a stone church  
In summer, waiting for the God  
To speak; the air a staircase  
For silence; the sun's light  
Ringing me, as though I acted  
A great role. And the audiences  
Still; all that close throng  
Of spirits waiting, as I,  
For the message.  
Prompt me, God;  
But not yet. When I speak,  
Though it be you who speak  
Through me, something is lost.  
The meaning is in the waiting.*

## Books

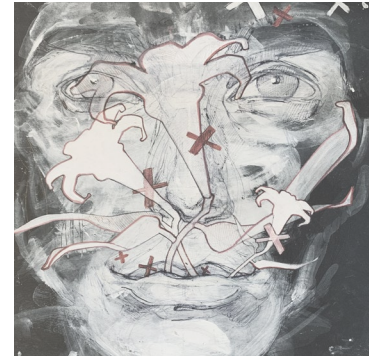
- Night, Elie Wiesel
- God on Mute, Pete Greig
- Between the Cross and Resurrection: A Theology of Holy Saturday, Alan E. Lewis

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<sup>1</sup> R S Thomas, *Collected Poems*: R. S. Thomas

## Session 5

# Easter Sunday: “When will my prayers be answered?”



### A note to leaders:

Welcome to the final part of The Unanswered Prayer Course! Thank you for all the hard work and prayer you've put into running these sessions.

Today's discussion is one of the most important. The previous four have focused on qualities such as honesty and empathy, lament and trust, but today's can be summed up in just one word: hope. On Easter Sunday we find the ultimate answer to all our unanswered prayers in the historical reality of Jesus' resurrection from the dead, and in the firm hope of his return.

As this is the final session of the course, you might like to point people towards the additional resources listed at the end of these guides, as well as the extensive archive available in the 'toolshed' at [www.prayercourse.org](http://www.prayercourse.org)

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*Please note that this session contains a story about sexual violence and rape.*

## 1. Introduce the session

5 minutes

### Key verses

**“Jesus came and stood among them and said, ‘Peace be with you!’ After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.” – John 20:19-20**

## Introduction

Welcome to session 5 of The Prayer Course II: Unanswered Prayer!

Today we've reached the end of our journey, which culminates in the joy of Easter Sunday, the resurrection of Jesus. We'll be asking one final, hope-filled question, "When' – When will my prayers be answered?"

**Begin the session by asking someone to open in prayer**

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## 2. Watch the video

30 minutes

### Bible passages from the session

John 20:19-20, 2 Corinthians 1:3-5

### Key points

(for your reference in case people need a little prompting!)

- There can be a beauty in our brokenness
- Our deepest suffering can become our greatest gift to the world.
- Our ultimate hope as Christians is eternal

"Now, we see the harvest. We can reap this harvest because [the missionaries Mark and Gladys Bliss] planted the seeds in Iran with their tears and their sacrifice" - Ladan Nouri

---

## 3. Discussion questions

30 - 45 minutes

- Q.** What did you find most helpful, inspiring or challenging in what Pete and Sammy Greig, Gemma Hunt and Ladan Nouri?

The Bible says that we 'do not grieve like the rest of mankind, who have no hope.' (1 Thess. 4:13).

- Q.** Thinking about an area of long-term disappointment in your life, how might an eternal perspective reframe the way you relate to it?
- Q.** What do you think the new heaven and the new earth will be like? How will it be different? How will it be the same?
- Q.** In the video Pete and Sammy Greig used a kintsugi bowl to illustrate the beauty that can come out of brokenness. Where can you see beauty coming out of brokenness in your life, or in the life of someone in this group?

- Q.** The story of Ladan and the missionaries Mark and Gladys Bliss demonstrates that it can sometimes take months, years or even decades for fruit to come out of our suffering.

Are there stories in our community's history of how challenges and trials have now produced fruit? Or are there opportunities for us to turn our current challenges into long-term fruit?

- Q.** Eugene Peterson writes, "Faith develops out of the most difficult aspects of our existence, not the easiest." How do the stories you've heard across this course reflect and inspire you to keep persevering in the midst of challenges?

---

## 4. Small group prayer

15 minutes

### Leader's note

**If your group is more than 3 people, we would recommend splitting into smaller groups of 2 or 3 to give everyone an opportunity to share and pray for one another. Explain how much time you will have for prayer, and roughly how much time each person will have for sharing and praying.**

### Ask one another

- Q.** How are you feeling about the things we've discussed today? Are there any areas in which you'd appreciate prayer?

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## 5. Closing comments

5 minutes

**Share with the group what you've really appreciated about the session.**

Congratulations! We've made it through the Unanswered Prayer Course! There are additional resources on the Prayer Course website ([www.prayercourse.org](http://www.prayercourse.org)) to help you continue your journey through the topics that we've explored together.

If you'd like to go deeper and you haven't already done so, there are 3 things you can do next:

1. Read God on Mute
2. Work through the forty day devotional at the end of God on Mute
3. Download the Lectio 365 app from 24-7 Prayer to pray and read the Bible each day with Pete Greig and the team.

You can find out more about the 24-7 Prayer movement at [24-7prayer.com](http://24-7prayer.com). and you can access Pete Greig's other books and teaching at [petegreig.info](http://petegreig.info)

### **Closing prayer**

As we finish this course, we'll pray an ancient apostolic blessing over us from the book of Romans. It speaks about the power of the Holy Spirit as the one who renews us with hope, so you may like to open your hands now to receive afresh:

*"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* – Romans 15:13

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## **Further resources & reflection**

### **Journaling question**

What has God spoken, revealed, or shared with me through this journey? What does this mean that I need to do now?

### **Reflect on...**

Take time to pause reflect on The Incredulity of Saint Thomas by Michelangelo Merisi da Caravaggio (available online at [www.caravaggio.org/the-incredulity-of-saint-thomas.jsp](http://www.caravaggio.org/the-incredulity-of-saint-thomas.jsp))

### **Books**

- Surprised by Hope, Tom Wright
- I Know Why the Caged Bird Sings, Maya Angelou
- Dirty Glory, Pete Greig
- How to Pray, Pete Greig





**CHURCH AT  
THE GABBA**