



# MOVING MOUNTAINS

## SESSION 1 - MOUNTAIN MOVING PRAYER

### SERIES BIG IDEA

Through the posture and practice of prayer, we can experience God's mountain-moving power.

### MESSAGE BIG IDEA

Prayer has the power to move mountains.

### SCRIPTURE

Matthew 17:14-20, 1 John 5:14-15

### ICEBREAKER AND OPENING THOUGHT

Use this time to open your group and break the ice. The second question is designed to help groups become more comfortable with the topic of the day and to engage each other.

### BIBLE DISCUSSION

Read the scripture out loud and allow your group time to think through the questions. Prayer is seen in scripture in many ways, but first and foremost about our relationship with God. We see Jesus interacting with lots of people, but always making time for God first. Everything Jesus did bubbled up out of his relationship with God, healing, asking for help or succor, it all came out of his relationship.

### LIFE APPLICATION

Walk your group through these questions slowly. Prayer is hard to grapple with, and our understanding of it is complicated and layered. We often don't know what to do or what to say and default to complaining or pleading for things.

It is in our prayers that we can experience life through God's perspective – when things are hard or bigger than us, we often see a small picture. Prayer enlarges us. The Eugene Peterson quote here is an example of that. Encourage your group to think through the implications of how we could be experiencing distortion and constriction based on our perspective or our situation. Then explore what it could mean to “enter the truth and expansiveness of God.”

End by connecting that idea to the mountains in our lives. It might be helpful here to remind people that there is no right or wrong answer to “what could be a mountain?” The reality is that every mountain is going to be different. Some people's mountains might be hills to someone else, or might be as impassable as a whole mountain range. What matters is how it feels to the person in the middle of climbing it and allowing God to speak into that journey.

### CHALLENGE

Write down your mountain and commit to praying about it for the next twenty-one days. If you are able, consider joining COMMUNITY for 21 days of prayer and fasting. ([communitychristian.org/21days](http://communitychristian.org/21days)) End your group by praying for each other's mountains.