



# HOW TO PRAY IN A CRISIS

## DISCUSSION GUIDE

### FOREWORD

1. Mark Vroegop observes: “Crisis reorients our heart toward what is true. But for that to happen, we must turn to prayer. The silence must end. Frustration and discouragement might tempt us to stop talking to God. But He is able to turn our honest questions into confident trust in our hardest times.” When did a crisis tempt you to stop talking to God? How did you turn to prayer and what did those prayers look like? As you look back, how has your trust deepened?
2. Mark quotes John Piper, “Keep trusting the one who keeps you trusting.” What situation are you facing right now that requires this kind of renewed trust? How are you sensing the Lord giving you fresh grace to trust Him and how will you keep walking in that trust?

### INTRODUCTION: The Crossroads of Your Crisis

1. The book opens by describing crisis as a divinely orchestrated “crossroad.” As you think about a current crisis (personal, family, church, society), what are the choices that seem very clear. What long-term results might emerge from the divergent options, for better or worse?
2. As you review the process of growth noted on pages 16-18, what specific crises have you experienced in the past that seem to parallel with the points made here? If you were to describe an “empowering scar” in your life, what does it look like and how might it help others as a matter of testimony?

### CHAPTER ONE: Decide to Let God Birth Fresh Conviction

1. As you reflect on the imagined headlines that open this chapter then contemplate the impact described in Acts 6:7, do you have the faith that a work of God like this could happen today? Why or why not? What specific role should you fulfill in light of this kind of possibility?
2. The chapter notes, “Crisis is used by God to bring us to fresh places of humility, repentance, and essential conviction and the things that ultimately matter. Crisis can elevate a believer’s focus beyond just their *their* world to feel a sincere and compelling burden for *the* world.” What specific crisis from your own journey comes to mind as you reflect on this proposal? How did God work in your heart in order to help you live differently as a result?
3. As you review this chapter, particularly the role of prayer in the Book of Acts, what specific convictions need to be clarified and deepened in your own life? What positive fruit might you expect as a result of the living out of these convictions?

## **CHAPTER TWO: Devote Yourself to a Consistent Experience of Praying in Community**

1. What points in this chapter seemed to most directly confront some of your assumptions about prayer, particularly from our “western” way of thought? What changes are you prompted to make in your own prayer engagement?
2. This chapter noted D.A. Carson’s belief that “good praying is more caught than taught” and that “we should choose models from who we can learn.” Who have been those models in your life? How are you consistently engaging with other models right now? With whom can you serve as a model and what kind of routine will you embrace to accomplish that work of discipleship?
3. When you honestly evaluate your own local church, how does the current culture of prayer align with new testament teaching and patterns? Assuming you might see some shortcomings, what will you do personally to strengthen the community aspect of prayer in your church? Commit to this and share your commitment with others. Become a catalyst in mobilizing more prayer in your church.

## **CHAPTER THREE: Develop Your Biblical, Life-Giving Prayer Competency**

1. What words would you use to describe the most painful prayer gathering you've ever attended? What words would you use to describe the most life-giving prayer gathering you've ever attended? What factors made the difference in these instances?
2. To what degree have you obediently experienced prayer as Jesus clearly commanded in giving us the model prayer? Why do so many Christians fail to really embrace and experience this pattern? As you more closely align your approach to prayer to this model, what positive changes might you anticipate?
3. As you review the eight principles for facilitating prayer as presented in this chapter, which one seems most helpful and needful in your prayer experience and why? How will you practically embrace this key principle in the coming days?

## **CHAPTER FOUR: Determine You'll Become Spiritual Contagious**

1. How did this chapter challenge some of your pre-conceived ideas about the word "revival"? How did it inspire new optimism about a deep and transformative work of the Holy Spirit in your life, church, and our society?
2. As you reflect on this chapter, what biblical motivations do you want to embrace as you seek a greater work of the Holy Spirit in your life and world? How might this change the way you pray in the coming days?
3. Norman Grubb's description of a mighty work of the Spirit was summarized as "Roof off, walls down." What can you do to more fully participate in this kind of reality in the context of your own church? When will you start and what will that look like in the normal rhythms of your life?

## **APPENDIX ONE: 100,000 Agents of Renewal**

1. As you consider this vision of “100,000 Agents of Renewal” what is your initial response, positively or negatively? Regardless, do you see value in a better clarity about what it means to be a “praying church”? Would you consider your church to be a “praying church”? Why or why not?
2. As you look at the five 6:3 commitments (non-pastors) and the five 6:4 commitments (pastors) which ones seem to be the weakest in your own routines? If you decided to make a change in this area, what would it look like practically?

## **APPENDIX TWO: The Essential Priority of Praying with Your Spouse**

1. As you consider the priority of praying with your spouse, which of the benefits mentioned on page 109, which seem most needful for your marriage right now? Would your spouse agree? Why or why not?
2. Review the practical ideas for getting started (pgs. 110-111). Discuss these with your spouse and identify how you can get a fresh start or strengthen what you are already doing.

## **APPENDIX THREE: The Regular Practice of Prayer in the Home**

1. As you think of your personal example of prayer as a key to authentic prayer in the home, how do you feel prompted to embrace and exemplify prayer to your children more faithfully?
2. What patterns of prayer in the home seem to be working for you right now? What new patterns can you embrace to deepen this reality? When will you start and what rationale will you share to communicate this to family members?