

# CONNECTGROUPGUIDE

Deeply  
Transformed

through

PRAYER

Lent 2026

*Deeply Transformed | Serving Together*



# Deeply Transformed ...

through

# PRAYER

February 22

Prayer: a Gospel Understanding

March 1

Prayer and Scripture

March 8

Prayer and Worship

March 15

Prayer and the Body

March 22

Prayer and Service

## INTRO .....

Our theme in 2026 is Deeply Transformed | Serving Together. Lent is a key time to establish this theme and set up the rest of the year well.

Lent is traditionally a time to focus on prayer and spiritual disciplines. We want to do that again this year so we might connect with the grace of the gospel, and find deep transformation.

In this series, we will look at how Prayer enlivens a number of Spiritual Disciplines, among them - scripture reading, worship, sabbath, solitude, fasting, exercise, giving, ministry, witness.

We will also be encouraging you to launch out with a Personal Growth Plan. Ask Jesus to help you set some goals in at least a couple of the above areas and prepare to be deeply transformed. Read through the Personal Growth Plan leaflet and you will find lots of practical help for setting your goals.

May this Lent be a time when the Holy Spirit moves, and we find ourselves Deeply Transformed, Serving Together.

### Some guidelines for Connect Group ...

- Come to the study prepared; preparation will greatly enrich your time together; it is recommended to take notes during the Sunday sermon, and to write down your thoughts as you prepare
- As part of your preparation, why not listen to the sermon again during the week (*most sermons are recorded and available on [Apple Podcasts](#), and also on the [website](#)*)
- As you prepare, pray that God will speak to you through his word
- Be willing to participate in your group. Your sharing will greatly encourage all the other members as you grow together
- Stick to the topic - this allows everyone to participate on level ground and to go deeper into the Bible
- Be sensitive to others and listen attentively; affirm others, especially those who may feel timid or don't often share
- Your leader won't be lecturing, but helping members to think through the questions. Some of the questions don't have a 'right' answer, especially those that apply the Bible to our lives
- Be careful not to dominate, as it could inhibit others from sharing
- Expect God to teach you through the passage and through other members, and always pray that it will be a profitable time together



# Sermon Notes

3. How did Jesus resist temptation?  
How might this help us in praying for help to resist temptation? (Matthew 4)

4. What do you find easy about prayer?  
What do you find difficult about prayer?

5. Do you find prayer a duty or a delight?

6. What do you do to establish a routine of prayer?

7. How do you feel about prayer in your Connect Group?  
If it flows easily, what do you think contributes to this?  
If it is difficult, what would enable people to feel more comfortable vocalising their prayers?



- Take time to offer prayer in your group.
- If your group does not do this regularly could each member think of a one sentence prayer, and then move around the group with each person saying their sentence. Keep it simple.

# Sermon Notes

## PERSONAL GROWTH PLAN

Spend some time talking about the Personal Growth Plan.  
What can you share this week about the steps you are taking?

### LIVING TO LOVE JESUS

#Christ-centred

#Bible-based

*Deeply Transformed*

How will I fuel my love  
for Jesus and  
intentionally grow as a  
disciple of Jesus?

### LIVING TO PROCLAIM JESUS

#Spirit-led

#Mission-shaped

*Serving Together*

How will I develop my  
servant heart  
and make a difference in  
the world?

# PRAYER and Scripture

Hebrews 4:12-16

Matthew 7:24-29

## INTRO

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*Apart from the Bible, what do you like reading?*

1. Why are the scriptures so important for helping us understand Christian prayer?

2. What does it mean to you to describe the scriptures as being sharper than a double edged sword?

# Sermon Notes

3. Which of these images means most to you and why?
- penetrates even to dividing soul and spirit
  - penetrates even to dividing joints and marrow
  - it judges the thoughts and attitudes of the heart

*See how much of Hebrews 4:12 you can memorise before next time.*

4. Why can we approach the throne of grace in prayer with confidence?  
Hebrews 4:14-16

5. What are the two steps involved in building one's house on the rock? How does prayer help us put Jesus' words into practice?

6. What are the two steps involved in building one's house on the sand? What is the difference between building on the rock and building on the sand?

7. What is the special value in
- reading the scriptures privately
  - reading them with other Christians in your Connect Group?



- Pray for the scriptures to be more powerfully at work transforming your life.
- Pray for our church to more faithfully live out its value of being Bible-based.

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# PRAYER and Worship

## Hebrews 10:19-25      John 4:5-42

### INTRO

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*What is one Bible verse, song, place, or moment when you've recently felt the presence of God?*

*When you hear the word "worship" what do you instinctively think of (singing, church services, prayer, Bible reading, your whole life, something else)?*

1. What does the Bible say gives us confidence to approach God?
2. What does drawing near to God look like in practice?
3. What role do other believers play in our worship and prayer lives?

# Sermon Notes

4. What stands out about how Jesus approaches the Samaritan woman? What might this reveal about God's heart towards people?

5. What do you think Jesus means by living water? How does this connect to prayer as an ongoing relationship rather than a religious task?

6. What is true worship?

7. What happens to the woman after her encounter with Jesus?

8. How does prayer and true worship lead to witness?



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- Jesus, thank You for inviting us to draw near to You.
  - Thank You that we can come freely, not because of what we do, but because of what You've done for us.
  - Help us worship You in Spirit and truth, and let our hearts be open to hear from You today. Amen.

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# PRAYER and the Body

Matthew 6:16-18, 25-34  
1 Corinthians 6:12-20

## INTRO

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*What's one physical habit that has shaped your life (good or bad)?*

*Do you tend to think of spirituality as mostly mental, mostly physical, or a mixture? Why?*

1. What is Jesus' attitude toward fasting? What does this show about practicing physical disciplines before God?
2. Why do you think fasting is rarely discussed in Christian circles?
3. How might fasting help to reorder desires in your heart, mind, body, and emotions?

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## **INTRO**

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*What do you daydream about, worry about, or cling to most?*

1. What contrasts does Paul draw in Romans 8 between 'the mind set on the flesh' and the 'mind set on the spirit'?
2. How does having our minds set on the Spirit shape the way we pray?
3. How does the promise of being "heirs with Christ" shape our ministry and service?

# Sermon Notes

4. How does our identity as adopted children affect our confidence in approaching God?

5. What connection is there between "putting to death the deeds of the body" (v.13) and a faithful prayer life?

6. What does Jesus teach about the relationship between treasure and the heart (Matthew 6:21)?

7. In what ways can money subtly compete with God for our devotion?

8. In what ways does prayer reorient our treasure toward heaven?

### Extension Question

9. What specific step could you take this week to:
- deepen your prayer life as a child of God?
  - reorder your treasure toward eternal things?
  - serve in a way that reflects Spirit-led freedom rather than obligation?



- Confess areas where earthly treasure has rivalled Christ
- Thank the Father for adopting us through the Spirit
- Ask the Spirit to set our minds more fully on him
- Pray for undivided hearts in service
- Pray for courage to suffer with Christ, knowing we are heirs with him.

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