

How to use these films

You are free to use the films in whatever way will suit your context. Be inventive!

You could use them within the context of a worship service, so that the whole congregation takes time to consider aspects of prayer. Alternatively you could encourage individuals to watch the films and use the reflection questions on their own.

If you do choose to use the videos with a group, a simple structure might be: gathering/ watching the video/ personal reflection time/ sharing in groups. Since some of what is shared may be sensitive, it will be important to stress that the groups are confidential, and for sharing rather than discussion.

If you do choose to use this as a group, it could act as a launch pad for a longer course on prayer, using the Simple Prayer Guidebook.

For further information, or if you would like to share your experience of these materials, please contact Edel at:

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<https://www.methodist.org.uk/our-work/learning/network-regions/north-west-mann-region/resources/>



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SIMPLE PRAYER: INTRODUCTORY FILMS

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Most Christians agree that prayer is a good idea. How to approach prayer, however, isn't always so clear.

These films and the Simple Prayer Guidebook which accompany them aim to make exploring prayer straightforward and accessible. Hopefully they provide a way

to consider how you think and feel about prayer. The intention is to help you to find an approach to prayer that suits you, the realities of your life and your personality. The prayer that suits you will deepen your friendship with the God who yearns to spend time with you. That friendship deserves all the time and energy you give to exploration.



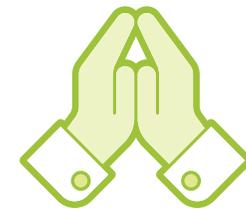
Images of God

- What was your image of God as a child? How has it changed as you've grown older?
- Are there any images of God that you find unhelpful? Why?
- What images of God do you find particularly helpful in your life today?



Discernment

- How do you understand 'good spirit' and 'bad spirit'?
- What feelings or images do you associate with consolation and its opposite, desolation?
- How do you understand 'fine-tuning' discernment?
- Can you give an example of painful consolation in your own experience?
- 'Not every good idea is of God'. How might such a statement be helpful for the generous Christian?
- What helps you notice the inner movements of the soul?



Ways of Praying

- What helps you focus on prayer?
- What kinds of prayer do you find useful? Why?
- What have been your 'gifts of today'?