

# OVERCOME WEEK

## CHOOSE PRAYER

PRAYER



Overcoming things that keep you from believing and sharing the Good News of Jesus.



HOST

### PART 1 - STARTING THE CLUB

“Welcome to First Priority. We are glad you are here! Thank you for joining us for Overcome Week. Let’s kick things off with prayer.”

#### OPENING PRAYER

#### GAME OF CHOICES - WOULD YOU RATHER?

- Would you rather live without the Internet or live without heat and air?
- Would you rather live on the beach or live in a cabin in the woods?
- Would you rather free sushi for life or free tacos for life?
- Would you rather give up bathing for a month or brushing your teeth for a month?
- Would you rather it never stop snowing or never stop raining?

**INTRODUCE SPEAKER:** “Last week we talked about how to make prayer a priority. Today my friend \_\_\_\_\_ is going to talk about overcoming our anxiety by praying.”



SPEAKER

### PART 2 - OVERCOME WEEK DISCUSSION

- Look over the Overcome Week Discussion page to make sure you understand it.
- Read Overcome Week Discussion.
- Then break into groups and share.



HOST

### PART 3 - ENDING THE CLUB

#### SOCIAL MEDIA CHALLENGE for “O” Week

Offer a Question

- Post this question on your social media: How can I pray for you?

#### ANNOUNCEMENTS

“Everyone remember to share the Good News of Jesus with someone this week. Next week is Prepare Week! Start thinking now about who you can invite.”

#### CLOSING PRAYER

## BEHIND THE SCENES



PROMO

Invite people and promote the club meeting.



WELCOME

Create a welcoming environment.



FOLLOW UP

Be available for anyone who would like to pray or talk more.



SPEAKER

# OVERCOME WEEK DISCUSSION

## CHOOSE PRAYER

PRAYER

### HIGHLIGHT SCRIPTURE

“do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” **Philippians 4:6**

### EXPLAIN

Last week we talked about how to make prayer a priority. Today we will use our highlight verse to help us overcome our anxiety by praying.

One thing that is true about all religions is that people pray. They chant or sit silently and speak to themselves or even out loud, but they pray. So what makes Christianity different? Great question. Let’s look at today’s highlight verse again in Philippians chapter 4 verse 6, “do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

Paul gives us an outline of how to do this. First, don’t be anxious, worried, or even stressed! That’s hard, because stress is all around us. How do we do this? When Paul wrote these words, he was in prison for his faith, so he was no stranger to stress. He was able to pray, because he had faith that God was hearing him. God is bigger than all of our stress and worries.

Second, pray and ask in every situation with thanksgiving. Prayer is simply talking and listening to God. That means talking to Him and thanking Him in the good times and the bad. God never gets tired of hearing our requests, no matter the situation. Paul is also telling us to make our requests known to God. He cares about even the little things. Even though God already knows what we need, He wants to hear us asking Him through prayer.

### APPLY

There is comfort in prayer. For some, the hardest part is trying to find the right words or feeling like we don’t know how to pray. The Bible tells us in Romans chapter 8 verse 26, “Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.” He hears you. What is keeping you from praying?

### RESPOND

Let’s get into groups and share:

- What you are grateful for.
- What you struggle to pray for.
- If God would answer one prayer right now, what would it be?
- If you brought your **Teaspoon Pray Journal** from last week, take some time before you leave and write down some things that you are thankful for.

### BIG IDEA TO REMEMBER

Don’t be nervous or worried about anything. Talk to God. He cares for you.