

Discussion Questions For LentEN D-Groups

Week 4: Practicing the Presence of God

**These questions can be used whether you are in a D-Group over the course of Lent or praying on your own. The goal of these questions in relation to our D-Groups is to have group members share their experiences; these questions are not a checklist that you have to tick, but are provided simply as optional conversation-starters.*

1. Share about your experience with *Practicing the Presence of God* (a combination of *Recollection* and *Centering Prayer*) this week:
 - a. Have you ever engaged with the practices of Recollection and Centering Prayers this way before, or was this your first time?
 - b. Did you connect with one part of the prayer time more than another (whether it was writing down your distractions and then giving them over to God, confessing your anxieties, or sitting with Jesus as you meditated on your “centering” word)?
 - c. Was the practice itself easier or more difficult than you thought it would be?
 - d. Could you see yourself incorporating either or both of these two practices into your life going forward? Why or why not?
2. Did you notice anxieties, fears, or concerns that continued coming to mind? Was there a pattern to what you were writing down during the Recollection time of prayer? Was this a surprise to you? Was it hard to release these things to the Lord?
3. Did you feel a sense of freedom after confessing to the Lord? Explain.
4. What word or phrase did you choose as your “centering” word during the Centering Prayer time?
5. Was it hard to simply “be” with God? Do you feel renewed after this time of prayer?
6. Share anything else that you would like about your prayer time with the group.