



# PRESS ON

A LETTER FROM PAUL TO THE PHILIPPIANS

## Gospel-Shaped Prayer

Discussion Guide | Sept. 20th, 2020

Before you begin, please read Philippians 1:3-11

1. Has someone ever told you they're praying for you? How does that make you feel?
2. Why is it important to pray for others?
3. What struggles do you have in praying for others?
4. In Philippians 1:3-8, Paul shares a number of key reasons WHY he prays for the Philippians the way he does. Make a list of the reasons Paul shares for why he prays for the Philippians.
5. How can these reasons influence the way you pray for others in your life?
6. Notice how others-centered Paul's prayer is. Do your prayers focus predominantly on yourself? How can you grow in praying for others in your life?
7. Paul is overflowing with gratitude and joy in these verses. What attitudes characterize your prayer life? How can you grow in praying with gratitude and joy?
8. Now focus on Philippians 1:9-11. Jot down all the things Paul is praying for the Philippians.
9. What things do you tend to pray for others? What can you learn from Paul's prayer for the Philippians in verses 9-11?
10. What is one practical take-away you're leaving with from Philippians 1:3-11 related to prayer? What can you do this week to grow in this area?
11. **"Press On" Challenge** – Pray Philippians 1:9-11 for someone close to you every day this week.