**Discussion Questions for Session 4**

*Note: There are no discussion questions for the introduction video and also the session 4.5 video but please watch them anyway*

**Session 4.1 - Why Pray?**

1. Whom do you talk to every day? Why?
2. Do you think you would be happier if you made time to pray each day?

**Session 4.2 - The Big Question**

1. Describe a time when someone challenged you to do something that would help you become the best-version-of-yourself? How did you respond?
2. If you spent ten minutes a day in prayer every day for the next month, how do you think you might be different a month from now?

**Session 4.3 - The Prayer Process**

1. Has anyone ever taught you how to pray? Who? When?
2. If you were going to set aside ten minutes to pray at the same time every day, what time of day would be best for you

**Session 4.4 - The Best Way To Learn**

1. What are you most grateful for today?
2. What surprised you the most as you practiced the prayer process?