

# Formation: The Art & Science of How We Change (Vol. 1: Prayer)

## Discussion Questions

### Week 1: We All Want to Change (and We All Are)

1. Do you feel like you are growing in your relationship with Jesus? Why or why not?
2. **Read Galatians 6:7-8.** What habits in your life would you consider "sowing to the flesh" and what habits would you consider "sowing to the spirit".
3. If there is something about your character that you want to change, how do you approach it?
4. How often on average do you pray? Do you see this as something you need to grow in?
5. What are the most consistent hang-ups or distractions when it comes to your prayer life?
6. Are you planning on following along in the practice guide? If so, how?