



Discussion starters Chapter 12

1. List the pieces of spiritual armour on a piece of paper/in your journal, and write a short prayer focusing on each one. If you're feeling creative, you may want to draw them instead of just writing.
2. What is your experience of praying in the Spirit? What do you think it means? If you are not part of a church tradition that uses this kind of language, what do you think of Charlie's explanation of it?
3. Often we can think of prayer as being boring and difficult – prayer meetings are usually the worst-attended meetings in the church diary – so why do you think Paul found it so captivating – why did he want to continue to press deeper and deeper into God through prayer? Have you ever felt that level of excitement about prayer? How do you think you could find/regain it?

