



Discussion starters Chapter 3

1. What is your relationship with time like? Do you have far too little of it, or does it hang heavy on your hands? Are you an early bird or a night owl? Are you habitually late for things, or do you always arrive in plenty of time? What might it look like for God to be in control of your time?

2. Could you imagine organising your day around morning, noon and evening prayer? If not, what is stopping you? Write those things down and consider them prayerfully. How many are genuinely unavoidable? Is there anything you could change about your life to reorder it around a regular rhythm of prayer?

3. Choose one of the prayer ideas listed in this chapter, pick a day this week when you can set aside some time, plan it, then do it. Treat it like an important meeting or appointment. Then pick another day – no more than a week away – and do another one, or two.... Keep going until you have built a sustainable rhythm of prayer into your life.

