

# Cultivating Intimacy with God Together

## Going Deeper with God and Others

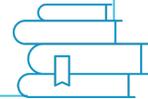
### What Does Cultivating Intimacy Look Like?

Intimacy is where we know Jesus more deeply in our day-to-day lives and recognize just how fully he knows and sees us. The word “cultivate” gets at the fact that reaching this kind of intimacy with God takes intentionality.

There are many spiritual disciplines that can help us engage with God together, but we’ll be focusing on prayer and worship. Rhythms of prayer and worship are what sets your small group apart from other communities on campus. Prayer and worship draw us closer to the other people in our group and empower us to be part of Jesus’ mission on campus and in the world. Even in the early church (see Acts 4), prayer and worship were a consistent rhythm.

### THE DISCIPLINE OF FASTING

Fasting is another common spiritual practice in Acts. Although they originally abstained from food, fasting can also be of social media, music, movies, etc. There's nothing wrong with any of those things, but fasting helps to free our time and focus so we can intentionally turn our attention toward God.



## Communal Prayer & Worship

### What is Prayer?

**Prayer is conversational.** It involves both talking and listening to God. The early church prayed regularly, in community, and were transformed to boldly live for Jesus. Their prayers often included Scripture and other reminders of God’s character, and structured by praise, requests, and thanksgiving. It was never meant to be legalistic or a chore, but a life-giving practice that we can do by ourselves and with others.

### Praying in a Group

Tips for praying as a small group:

- **Openness** – Check-in with members to see if they’re comfortable with praying out loud. Make sure they know that while you’ll invite everyone to pray, it is okay if they say no.
- **Facilitation** – Clearly identify who will start praying and who will end, or make it clear that everyone will pray simultaneously out loud or quietly.
- **Consistency over Length** – It’s important to develop a practice of praying and growing together. The more we pray with one another, the more we’ll get to know each other.



PRAY SCRIPTURE



LISTENING PRAYER



PRAYER WALK



GATHER IN GROUPS



LITURGICAL PRAYERS



LAMENT



INTERCESSION



PRAYER MINISTRY



CONFESSION



RESPONDING TO THE NEWS



STICKY NOTES



ONLINE PRAYER

## What is Worship?

Worship is more than just music. **Worship is naming how worthy God is.** Romans 12:1 says, “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”

Corporate worship can help us truly experience how we are one family, the body of Christ. The act of worship—even when we don’t feel like it—can be a powerful sign of faith and can help remind us that there’s more to life than trials and struggles, that there’s a bright future ahead of us when God will one day make all things new.

## Worshiping in a Group

Remember the goal is to honor God, not to get a “spiritual high” or just sing our favorite song or even stay in key. In group settings, we need to be mindful of the needs of others and different traditions.



**MUSIC & SINGING**



**REFLECTION & SILENCE**



**SCRIPTURE**



**PRAYER**



**ART**



**DANCE**

## Next Steps

Figure out how to start incorporating worship and prayer in your small group by journaling through the following questions:

1. What prayer and worship practices have deeply shaped you and your community in the past?
2. What new prayer and worship activities are you drawn to exploring?
3. What are the gifts and experiences your members bring when it comes to prayer and worship?

If you tried doing every one of those different prayer and worship activities in your small group, it would take a long time. And we don’t want you to feel pressured or overwhelmed to do them all. Begin with the practices that you identified from the questions above. Especially when you’re starting a new small group, it’s good to focus on something you’re at least somewhat familiar with. Then you can start branching out and incorporating new activities.

## Related Resources

- [Confession Prayer Resource](#)
- [Intercession Prayer Meeting Outline](#)
- [Intercession Topics](#)
- [Listening Prayer Prompts](#)
- [Responding with Lament](#)
- [Prayer and Worship Activities for Small Group](#)
- [Prayer Ministry Resource](#)
- [Prayer Walk Guide](#)

## Recommended Courses

- [Stepping into Small Group Leadership Course](#)
- [Growing Authentic Community Course](#)
- [On Mission as a Small Group Course](#)

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