

# Mental



## ✔ Prepare in Advance

Facilitator: In advance of the session:

- Review and familiarize yourself the other scriptures used in this session – Luke 18:1-8 and Hebrews 11:13-16.
- Review today’s scripture text and the session activities to help better facilitate the discussion.
- Have the *Bible Background Video* ready to view.

## ✔ Explore

As you begin, ask the following questions. What is the longest you have prayed for something or someone? Was it accomplished? Why did you stop praying?

Have someone read Isaiah 62:1-7 out loud and show the *Bible Background Video*.

## ✔ Pray (and Work) Without Ceasing

**Say:** During this lesson, we’ll speak of an “advocate” as someone who is willing to work, speak and pray on behalf of another person or a desired outcome.

Use the following questions encourage discussion.

- Why is Isaiah promising to be an “advocate” for the people of Israel? What is the outcome he desires to see? What is he willing to do toward that end?
- Why are the names in verse 4 such a good illustration of what Isaiah desires?
- As advocates for something, does this mean we should merely pray? What more, in some instances, might be required of us?
- Review the parable of the Persistent Widow (Luke 18:1-8). What does advocacy look like in this instance? What more is involved than just prayer?
- Do you think there is a point at which praying is useless if we are not willing to work toward something? Explain.
- Have someone read aloud Hebrews 11:13-16. The writer points out that these people prayed and worked toward things, even knowing that they might not be accomplished in their lifetime. What does this teach us about the meaning and importance of our prayers?

## ✔ Being Advocates

- What is a problem in your community – hunger, a certain injustice perhaps – that calls out for your advocacy? What might be God’s desired outcome? How can you pray and work toward that end?
- Who do you know that needs an “advocate?” How can you pray and work on their behalf?
- Is there an area of your life that could use some spiritual “advocacy?” Who could be an advocate for and with you?

## ✔ Closing

Close with a prayer like: *Loving God, you did not create us to be alone! Teach us to work together as advocates for each other and for our world. Give us courage to keep working and praying until that work is done!*

By Jon Parks

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