



EDIFY EPISODE: THE ONE THING YOU NEED

PRESENTED BY MATTHEW LEONARD

FOR ADULT FORMATION GROUPS & HIGH SCHOOL CLASS DISCUSSIONS

For Understanding

Watch Matthew Leonard's "The One Thing You Need" to learn the answers!

1. Why do loneliness, depression, and anxiety continue to increase in America?
2. What are the three different major modes of prayer? Which is your favorite?
3. How is prayer both active and contemplative?
4. How is prayer both science and art?

To Go Deeper

Draw from your own experience or invite a local expert in to help you think more deeply about this video and how it can inspire you to live out the faith in the public square!

1. What is your favorite time and place to pray?
2. How and when did you learn how to pray?
3. What is a time when you heard God clearly speak to you?