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## GROUP DISCUSSION

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The Model: A Blueprint for Life  
Matthew 6:5-8, Pastor Lance Ainsworth  
August 31st & September 3rd , 2023  
The Purpose of Prayer

Prayer Requests:

Group Discussion: What expert have you learned from in your life? (this does not have to be spiritual)

### **Read aloud: Matthew 6:5-8**

1. The disciples in Luke 11 ask Jesus to teach them how to pray. They already prayed at a minimum of 5 times a day. What did they see in Jesus that caused them to question their prayer life? Have you ever caught yourself praying and not thinking twice about what you are saying and who you are saying it to?

#### Unlearning

- Prayer is not about being eloquent.
- Prayer is not about being seen.
- Prayer is not a spiritual badge.
- Prayer is not about convincing God.
- Prayer is not about sharing information.
- Prayer is not about self-manifestation.

2. Do any of the things on the list above jump out to you? Which one? How does that change your view of prayer? How do we keep from becoming hypocrites in prayer?

#### Learning

- Pray Sincerely.
- Pray with open Hands.

3. Jesus tells us to “go into your inner room (secret place), close your door (distractions), and pray to Your Father.” If you don’t have one already think about a secret place you can meet God at on a regular basis. When praying distractions do you have to shut out? Do you see God as a willing Father? How do you talk to your best friend? How does that differ from how you talk to God? What is one distraction you can cut out this week?

4. Your Father knows what you need before you ask Him” Prayer does not change God it changes us. What keeps us from praying with open hands? How can we better relinquish control to God?