

Overview

There are several ways to grow in your relationship with God. Prayer, reading God's Word, and listening are some ways to grow. Prayer is a necessary part of the Christian life. As with any relationship communication can be used as a gauge of health. Jesus offers an example of how to pray in Matthew 6:9-13. This is referred to as the Lord's Prayer. A better name for it would be to call it the disciples' prayer. Jesus was not praying this prayer for himself, but giving it as an example for his disciples to follow. Prayer is not just empty words; it is an expression of faith, praise, and sharing concerns with God. Another area of Spiritual Growth is reading God's Word. Reading the Bible allows God's truth and instruction to enter into a believer's heart. It can be confusing to know where to start and how much to read. There are several online resources available to help believers start a reading plan. Silence can be one of the most challenging aspects of growing spiritually. As a society we like to have every part of our lives filled with noise. From the moment we get up in the morning to when we go to bed at night there is constant noise. All three areas of spiritual growth require discipline. It requires discipline to pray when you feel like it is just empty words in the air. It requires discipline to read when you have other things competing for your attention. It requires discipline to be silent when you are surrounded by constant noise. The more believers practice each of these areas the easier they become. Growing in these areas means developing a DESIRE to pray, read, and be silent before God.

Bible Study: Matthew 6:9-13

1. What translation of the Bible do you prefer? Why?
2. Discuss as a group your favorite Bible verse and why it has special meaning to your life?
3. In what ways does your current life situation sometimes determine your desire to pray and read the Bible?
4. How would you describe prayer to someone who isn't a believer?
5. Discuss some prayers in your life that have been answered.
6. Read Matthew 6:9-13. In your own words write a personal prayer following this model.
7. Why is complete silence so difficult to achieve in today's society.
8. Out of the three: prayer, reading the Bible, and silence which one do you need to work on the most.
9. Over the course of the next week write out a daily plan to improve in one of these areas.