

⁹ “Therefore, you should pray like this:

Our Father in heaven,
your name be honored as holy.

¹⁰ Your kingdom come.

Your will be done
on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And do not bring us into temptation,
but deliver us from the evil one.

— *Matthew 6:9-13*

Discussion/Journal Questions

Rate your prayer life on a scale of 1-5. What is something you wish you could change about your prayer life?

Have two or three people read Matthew 6:9-13 out loud slowly. After some time of reflection, ask each other what words, phrases, or ideas stand out to everyone. What questions come to mind as you meditate on this scripture?

What obstacles or distractions keep you from having the prayer life you desire?

Do you struggle with praying to God as Father? How does scripture show God as the model father?

Do you believe that God knows what is absolutely best for you? Do you believe that God has your best interests at heart? Why or why not?

Read Romans 8:31-39. How do these verses challenge your view of God? How do they encourage you?

The Prayer Practice this week is to pray through a premade prayer. How do premade prayers help us learn to pray?