

# How can people approach God?

September 7th 2025



## KEY VERSES

- Matthew 6:1
- Matthew 6:5-8
- Hebrews 4:15-16
- Romans 8:26-27



## KEY TAKEAWAYS

1. Many people struggle with how they can talk with God, but Jesus gives help for how to do this.
2. The first step that Jesus gives is to pray humbly, making sure that you aren't trying to impress people.
3. The second step that Jesus gives is to pray simply, avoiding the lie that using a lot of words or big words impresses God.
4. Even when people don't know what to pray, they can be confident that the Holy Spirit prays for God's will perfectly.
5. Three words can be used to help us pray simply: *wow*, *thanks*, and *help*.



## TALK ABOUT IT

1. Why do you think that people struggle to talk to God? What has caused your prayer life to struggle? What help would you give to someone that wants to pray more effectively?
2. Jesus describes two bad approaches to prayer: impressing others and impressing God. What do these two bad approaches look like today?
3. How can people work to make their motives pure when they talk to God?
4. Jesus says that “your Father knows what you need before you ask Him.” How can this comfort Christians? How does this encourage you?
5. Which of the words *wow*, *thanks*, and *help* are the easiest for you when you talk to God? Which word is the hardest? How can you use these words to help you talk to God this week?



## APPLY IT

1. This week, take an honest look at how you talked to God last week. Write down specific ways that you prayed in the three categories of *wow*, *thanks*, and *help*. Share what you wrote down with your spouse or a close friend.
2. As you pray this week, take one day to stop and talk to God three times during the day. Make these times shorter and focus on using “wow” for one time, “thanks” for another, and “help” for the final time.
3. Take some time this week to praise God that He hears you when you talk to Him. Ask God to give you more joy in the truth that God loves to hear you talk to Him.

