

# The heart of prayer

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## SMALL GROUP NOTES

**Martin Segal**

On Sunday Martin spoke on the Lord's Prayer, looking at how Jesus tackled some misconceptions about the heart of prayer but also taught into the 6 R's of prayer. We journeyed through the Lord's Prayer - seeing the incredible truths about prayer that Christ taught.

## Scripture

Matthew 6:5-13

## Overview

We began by looking at two misconceptions we often believe about prayer: it's not about performance but rather about a heart longing for God and it's not about duty but rather a gift to help us grow in intimacy with God. Once these misconceptions had been tackled we looked at 6 R's Jesus shows us through the Lord's Prayer:

- 1) **Relationship** – The fact that Jesus teaches us to pray our Father is to show us that the foundation of prayer is based on our relationship with God.
- 2) **Reverence** – Jesus then points us to our father who is in heaven and whose name is hallowed, reminding we know a God who is all powerful and cares about his glory. As we pray we grow in living for his glory.
- 3) **Reliance** – We pray for God's kingdom to come, not our own. Prayer helps us grow in being dependent on God's rule and reign.
- 4) **Receive** – Jesus teaches us to pray for God's provision, as we pray we grow in receiving from God, removing the obstacles that stop us from expecting to receive.
- 5) **Repentance** – Sin is the biggest blockage to our prayer life, if we aren't a repentant and forgiving people then we will carry guilt and shame with us throughout our days which will push us away from our Father. If we are quick to repent of our sins and forgive others of theirs Jesus encourages us and will help us advance with our Father.
- 6) **Recognise** – Jesus ends by reminding us that we are in a spiritual battle. Prayer keeps us living in that truth rather than slipping into a peacetime mentality.

## Questions

- 1) Have you ever had a misconception about prayer that has held hindered your prayer life?
- 2) When you pray to God are you praying to him as your Father or something else? How can we grow in living out our identity as children of God?
- 3) What areas of your life are you relying on God for? Are you praying for his Kingdom to come or yours?
- 4) How can you as an individual and we as a small group/church grow in prayer

## Tags

Prayer, Performance, Duty, Relationship, Kingdom, Heaven, Spiritual, Provision, Sin, Forgiveness