

RHYTHM OF PRAYER

Luke 11:1-4

DEVOTIONAL PRAYER

Father, hallowed be your name. Your kingdom come. (v.2)

Remind yourself of who God is:

Exodus 15:2	1 Chronicles 29:10-13
Nehemiah 9:6	Psalms 18:2-3
Psalms 31:21	Psalms 36:5-9
Ephesians 1:3	1 Peter 1:3-4

CONFESSIONAL PRAYER

Forgive us our sins, for we ourselves forgive everyone who is indebted to us. (v. 4)

Confess and repent of sin:

Psalms 66:18	2 Chronicles 7:14
Proverbs 28:13	1 John 1:8-9
Revelation 3:19	Luke 15:10

THANKSGIVING PRAYER

Give us each day our daily bread (v. 3)

Thank God for the “bread” He has already provided:

Psalms 118:21	1 Thessalonians 5:16-18
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REQUEST PRAYER

Lead us not into temptation (v. 4)

Ask your Father to provide and to guide:

Psalms 118:21	Mark 11:24
Hebrews 4:16	James 1:5
Philippians 4:6	Romans 8:26

Discussion Guide

- What do you remember from the opening sermon illustration (creating a vacuum to remove air vs. filling with water to remove air)?
- Do you find it helpful in viewing spiritual rhythms as life-giving rather than religious duties? Why or why not?
- Do you agree that prayer is “the **simplest** rhythm to do yet the **most difficult** rhythm to do consistently?” Why is this?
- What hinders your prayer life? What helps your prayer life?
- What do the following passages teach us about prayer:
 - **Hebrews 4:16**
 - **1 Thessalonians 5:16-18**
 - **Philippians 4:6-7**
 - **1 John 5:14-15**
- Where have you seen effective prayer in your life? How have you seen God answer prayer?
- What is a big prayer we can pray for right now? PRAY
- Name one person who needs to see God’s answer to prayer (provision, healing, salvation, etc.)
- **Pray** for them right now.

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