



Like This

Week one - *"Like This...Not Like This"*

Matthew 6:5-9

Bottom line: It's about showing up and not needing to show off.

1. In chapter one of Tyler Staton's book "Praying Like Monks, Living Like Fools" he lists four fears people often have that keep them from praying. How do each of these four resonate with you?
 - Fear of Being **Naive**
 - Fear of **Silence**
 - Fear of **Selfish Motives**
 - Fear of **Doing it Wrong**
2. What other reasons would you add for why you sometimes don't pray, or hesitate to pray?
3. How were you taught to pray?
4. Read Matthew 6:5-9
 - a. How did Jesus tell the disciples **not** to pray?
 - b. How did he tell them **to** pray?
 - c. Why do you think Jesus emphasized their need to be alone with God?
 - d. How does calling God "Father" change the tone/nature of our prayers?
 - e. How is showing up to pray different from showing off?
5. If there's no wrong way to pray, talk about some different ways you've experienced or seen people pray. Share some ideas for how you'd like to try praying.
6. Try this: take some time to pray as a group, but don't close your eyes. Instead, just speak out loud some things on your mind that you want to bring to Jesus. You can use complete sentences, or just throw out a few words. Leave it open for a few minutes and

just keep taking turns speaking things out loud. Don't think about how you're praying or asking, just talk to God like He's in your circle and hearing your collective list.