



Faith Full

Week two - "Teach Us to Pray"

Matthew 6:9-13

Bottom line: Prayer is the practice of moving away from distraction and into a relationship with God.

1. Do you feel like prayer is a strength or a weakness in your apprenticeship to Jesus? Put another way, is this a faith practice you would like to grow in, or is it one you feel great about already?
2. Does prayer feel hard for you? If so, why do you think that is?
3. Does the idea of prayer as a relationship with God and not just asking for stuff ring true in your life, or no?
4. What will be your greatest challenge as you pursue the practice of prayer?
5. As a group, take some time and pray together:
 - a. Put away all phones, watches, or anything else that could potentially distract you in the next 10 minutes.
 - b. (Leader) Invite the Holy Spirit to come and be with your group as you pray
 - c. Pray through the Lord's prayer like this...
 - i. "Our Father..." Take a moment and think about the idea of God as your Father, with good intentions toward you. Picture God's face. Make eye contact with him.
 - ii. "In heaven..." Take a deep breath, take a few deep breaths. As you breathe in and out, imagine yourself breathing in and out more of the Holy Spirit

- iii. "Hallowed be your name..." Take turns sharing expressions of praise and gratitude out loud (e.g. "Father, thank you for your kindness." "Father, thank you for loving me, and even liking me.")
 - iv. "Your kingdom come, your will be done, on earth as it is in heaven..." Ask for God's will to be done in your community/church/life. Be Specific. Take turns giving to God specific things in your life that you're wrestling with control over.
 - v. "Give us each day our daily bread..." Pray for specific needs and wants in your life or that of your community. Pray over specific people who need something. Maybe split into groups of 2 or 3 and have each person share one area of need in their life. After each person has shared, pray for one another and ask God to meet that need.
 - vi. "Forgive us our debts as we forgive our debtors..." Spend some time quietly asking God for forgiveness for specific areas in your life, and releasing others to forgiveness.
 - vii. "And lead us not into temptation, but deliver us from evil." Spend a few minutes praying against temptation or any trouble in your life. Pray against specific sins. Pray against any kind of evil whether it's spiritual or human or natural. Pray against bad things in your life or community
- d. (Leader) Close in a prayer of gratitude to the Father for hearing you.