



God Family Country

GUIDED BIBLE STUDY

Teach Us to Pray

Speaker: Pastor Alan Brooks

Main Passage: Matthew 6:5–13

Other Passages Referenced: James 1:25

Highlighted Scriptures

Matthew 6:6 (ESV)

“But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.”

Matthew 6:9–13 (ESV)

“Pray then like this:

Our Father in heaven,

hallowed be your name.

Your kingdom come,

your will be done,

on earth as it is in heaven.

Give us this day our daily bread,

and forgive us our debts,

as we also have forgiven our debtors.

And lead us not into temptation,

but deliver us from evil.”

Summary

Alan opens with a personal reflection on how speaking into a camera is as challenging as prayer can sometimes feel—an intimate act of talking to an unseen God. This leads naturally into Jesus' teaching in Matthew 6. Alan walks us through the Lord's Prayer not as a formula to memorize, but as a structure that covers key elements of our relationship with God.

He explains how the prayer starts with adoration—honoring God's name and His holiness. It moves into kingdom longing—asking for God's rule and will to increase in our lives. Then comes dependence—trusting God for daily needs. It continues with confession and forgiveness—acknowledging our sins and committing to forgive others. Finally, there's a plea for guidance and protection—asking God to lead us and shield us from evil.

Alan also references the ACTS model of prayer—Adoration, Confession, Thanksgiving, and Supplication—as a helpful pattern for personal and meaningful communication with God.

Discussion Questions

- 1. Would you say you struggle with prayer? If so, how?**
- 2. How is prayer like talking to another person and how is it different?**
- 3. What could you do to improve your prayer life?**
- 4. How have answers to your prayers come?**
- 5. Which do you spend more time on in prayer: talking or listening?**

Reflection Challenge

This week, model your prayers after the Lord's Prayer or the ACTS method. Spend time in:

- Adoration: Praise God for who He is.**
- Confession: Honestly bring your struggles to Him.**
- Thanksgiving: Thank Him for specific blessings.**
- Supplication: Pray for others, your needs, and God's presence.**

Journal your experience each day. What changed in how you prayed or felt after?

Prayer Prompt

Father, thank You for being a God who sees us, hears us, and longs for relationship with us. Teach us to pray—not just with words, but with hearts tuned to You. Let Your name be honored, Your kingdom come, and Your will be done in our lives. Give us today what we need. Forgive us and help us forgive others. Lead us away from temptation and protect us from evil. We want more than just Your provision—we long for Your presence. In Jesus' name, Amen.