

Practice of Prayer

Practice the Way of Jesus

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OPENING QUESTION

What's something small but essential in your life that you don't realize you need until you don't have it?

SCRIPTURE READINGS

Main Scripture:

Matthew 6:5-13

Additional Scripture:

1 Timothy 2:8

Acts 4:24

KEY TAKE AWAY(S)

The motivation of prayer

- We do not pray to be seen or to sound spiritual; we pray to seek God.

The mechanism of prayer

- Prayer is not effective because of many words or perfect wording; God hears us because He is our Father.

The method of prayer

- Jesus teaches us to pray with the heart of the Lords Prayer: seeking God's holiness, kingdom, will, provision, forgiveness, and deliverance.

QUESTIONS

1. When you pray, do you ever feel pressure to sound "spiritual" or say the right words? Why do you think this happens?
 - a. What would it look like for your prayers to become more focused on God than on how you sound?
2. Jesus teaches that prayer is not powerful because of "many words," but because we have a Father who hears us. How does seeing God as Father change the way you approach prayer?
 - a. Do you tend to view prayer more as a duty, a formula, or a conversation? Why?

3. Looking at the Lord's Prayer, which part do you find the easiest or hardest to pray sincerely: worship, surrender, provision, forgiveness, or deliverance?
 - a. How could using the Lord's Prayer as a guide help your prayer life moving forward?

PRACTICE

Daily Prayer Guide

At least **once each day**, pray one part of the Lord's Prayer **out loud**, even if it's just a whisper. Change which part you pray each day so you pray through all seven parts.

Example:

"Fathe, let Your will be done in my family today. Help me want what You want."

When the group meets again, come ready to share:

Which line of the Lord's Prayer was the most meaningful or challenging for you to pray out loud?

CLOSING PRAYER

.Father, thank You that we can come to You not with perfect words or performance, but as Your children who are loved and heard. Teach us to pray with sincerity, passion, and surrender, asking for Your kingdom to come and Your will to be done in our lives. Help us practice prayer this week in a way that draws us closer to You and shapes us to become more like Jesus, amen.