

MESSAGE NOTES:

1. Use the *Lord's Prayer* as a Framework.

 **READ** [Matthew 6:5-18](#). Jesus said to pray "LIKE this," not "pray this"

2. Use an Acronym

a. [A.C.T.S.](#) – Adoration / Confession / Thanksgiving / Supplication

b. [P.R.A.Y.](#) – Pause / Rejoice / Ask / Yield

c. [S.M.O.R.P.](#)

Scripture – Write down where you are reading and memorizing, and any reference of any verse that stood out.

Message – Write down any observations you have or what the Lord may be saying to you:

Obedience – Write down a step you need to take based on what God is revealing to you.

Repentance – Write out any confession. If applicable, write down any steps you are taking to turn from your sin.

Prayer – Spend time thanking the Lord, and pray about anything He lays on your heart.

d. [C.A.M.P.W.S.](#)

Ask the Lord...

What **COMMAND** do You have for me in this Scripture?

What **APPLICATION** do You have for me in this Scripture?

What **MESSAGE** do You have for me in this Scripture?

What **PROMISE** do You have for me in this Scripture?

What **UNDERSTANDING** of this Scripture do You want to teach me?

What **SIN** do you want me to confess?

3. [Pray Scripture](#) – Turn Scripture into prayer. E.g. Psalm 34. Intentionally combining Scripture into Prayer
4. [Lectio Divina](#) – Asking the Lord to speak to you through Scripture and engaging Him in that. Listening more.
5. [Examine Prayer](#) – Reviewing and examining your day with the Lord, by asking, listening, and journaling.
6. [Listening Prayer](#) – Daily conversation with God. 1 Thessalonians 5:16, pray always, while walking, eating...
7. [Chair Time](#) – Choose a chair to sit in for 15min for 21 days; be still before God and just listen. Psalm 16:11.

*In all these practical ways to pray learn to use different approaches and postures. Pray on your knees. Pray out loud. Go for a prayer walk. Journal your prayers. Pray for different things on different days. Put your prayer time in your daily calendar. Keep it simple, keep it honest, keep it going.

Main Street Church - Life Group Guide

Message: PRAY FIRST – Part 1 – How To Pray

Speaker: Shawn Vandop

Date: January 7, 2024



Connect (30min)

*For *Connect* and *Prayer*, you may want to break into two groups, or groups of 3-4 people to enhance participation.

1. HOLIDAY HIGHLIGHTS

Welcome everyone...! Let's each share one or two highlights from our Christmas season.

2. BLESSINGS & BATTLES

- a. What is one *Blessing* that you've already experienced from God this new year?
- b. What is one *Battle* that you are facing this year, and how can we pray into this with you?

3. BLESS GOD

- a. 📖 Read [Psalm 16](#).
- b. **4 Minute Focus:** Take 2min to *Bless God* with short prayers of thanksgiving and praise and then take another 2min to pray short prayers into the battles that your group shared with one another.

Message Discussion (30min)

1. PRAY FIRST 2024 – Our annual 21 Days of Prayer & Fasting. January 8-28.

- a. Visit www.mainstreetchurch.ca/prayfirst for our prayer & fasting resources and sign up to receive our daily devotionals through the 21 days of Pray First (via email).
- b. Are you participating in Pray First this month? Do you have any questions or feedback at this point? Would anyone like to share how they are planning to participate through prayer and fasting?
- c. How can we encourage one another through Pray First this month?

2. WHEN YOU'VE PRAYED

- a. What's one funniest or weirdest things you've prayed about?
- b. What is one of the hardest things you've prayed about?
- c. Who is one person who has prayed a lot for you? Who is one person who you've prayed for a lot?

3. WHEN YOU PRAY & FAST

- a. 📖 READ [Matthew 6:5-18](#)
- b. What do you learn about God in this part of Jesus' *Sermon on the Mount*?
- c. What do you learn about us as humans?
- d. What do you learn about prayer? How could you use Jesus' prayer as a framework for your prayers?
- e. What do you learn about fasting?

4. PRAYER PRACTICES

*Here's a recap of the Prayer Practices that Pastor Shawn shared on Sunday.

*Briefly share your feedback and questions about these *Prayer Practices* as we list them off.

> Is it new or familiar to you, and how do you think it could apply in your prayer life...?

- a. [A.C.T.S.](#) – Adoration / Confession / Thanksgiving / Supplication
- b. [P.R.A.Y.](#) – Pause / Rejoice / Ask / Yield ([pdf](#))
- c. [S.M.O.R.P.](#) – Scripture / Message / Obedience / Repentance / Prayer
- d. [C.A.M.P.W.S.](#) – Command / Application / Message / Promise / Understanding / Sin
- e. [Pray Scripture](#) – Turn Scripture into prayer. E.g. Psalm 34. Intentionally combining Scripture into Prayer
- f. [Lectio Divina](#) – Asking the Lord to speak to you through Scripture and engaging Him in that. Listening more.
- g. [Examine Prayer](#) – Reviewing and examining your day with the Lord, by asking and listening, journaling.
- h. [Listening Prayer](#) – Daily conversation with God. 1 Thessalonians 5:16, pray always, while walking, eating...
- i. [Chair Time](#) – Choose a chair to sit in for 15min for 21 days; be still before God and just listen. Psalm 16:11
 - > Which of these practices that you would be interested in trying for a week during Pray First? Share.
 - > Remember – *Keep it Simple, Keep it honest, Keep it going.*

Prayer (20min)

***Break into groups of 3-4 people or men/women for sharing and prayer.**

1. In response to Sundays' message and our discussion, how can we pray for you and your prayer life with God during this season of Pray First?
 2. Who is one person in your life that you would like us to pray for, and one word or sentence that describes their need?
- >> **Pray for one another!**

Group Life (10min)








1. Discuss & schedule out your Life Group meetings for January & February.

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| > Dates/Time/Location | > Assign Snack Duty |
| > Plan in Communion –every four to six weeks | > Plan in Fun – with a specific social/fun event. |

2. Communication & Commitment

- > Encourage your group to commit to consistent attendance and participation for this winter season (Jan-Mar).
Revisit this for the spring season (Apr-Jun)
- > Emphasize that good communication is important for planning, and making the most of your group.

Resources

-  Visit www.mainstreetchurch.ca/prayfirst for our prayer & fasting resources.
-  Book: [How to Pray: A Simple Guide for Normal People](#), by Pete Grieg. (on [Audible](#))
-  Book: [Fifty-Seven Words That Change The World: A Journey Through The Lord's Prayer](#), by Darrell Johnson
-  App: [Lectio 365](#) – A free daily app that helps you pray the Bible every day (10min am / 10min pm), from [24-7 Prayer](#).
-  Video: [When is God's Will Done on Earth? * Sermon on the Mount](#), by The Bible Project
-  Video: [Why and How Do I Pray?](#) – Alpha Film Series
-  Song: [The Lord's Prayer \(It's Yours\)](#), by Matt Maher (2023) – [YouTube Music Video](#)