

## SESSION SEVEN

# TALKING TO GOD

**WATCH** Session Seven - Prayer: Teach Us to Pray

## Big Idea

The Lord's Prayer in Mathew 6:9-13 walks us through how to pray. The Lord's Prayer is not the only way to pray, but it does provide a guideline for how we can pray effectively. Many of us have repeated the Lord's Prayer by memory, or read it word for word as a more general prayer, but it is also very valuable as an outline for our prayer life. The Lord's Prayer is simple, beautiful, and powerful. If we draw out the principles in His prayer, we can use them to help us develop our own prayer life.

*This, then, is how you should pray: “Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done, on earth as it is in heaven. Give us today 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 the evil one.”*

**MATTHEW 6:9-13**

## Think

Does prayer tend to be your first response or your last resort? Why do you think that is?

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After hearing this week's message, what do you think your prayer time should look like?

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What are some potential distractions that get in the way of spending time in prayer?

God responds to the prayers of His people, and His answers sometimes surprise us. Can you describe a time God answered your prayer.

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# Prayer Focus

Ask God to help you fully surrender anything that you need to release to Him. Pray for a healthy, vibrant daily prayer life.

## Next Steps

Plan your prayer time by establishing a time and place that you can see yourself using daily.

Read the LifeSwitch E-Zine Spiritual Pathways. A quick guide to help you identify your spiritual pathway. the ways you tend to feel closest to God. By integrating these into your daily and weekly routines, you will find it much easier to build a prayer life that is boht life giving and exciting. It can be found at [www.Bit.ly/LifeSwitch06](http://www.Bit.ly/LifeSwitch06)

## Common Questions

### **Does God heal the sick?**

Yes, God is still the Great Physician. Healing the sick is illustrated in the life and ministry of Jesus, and included in the commission of Jesus to His disciples. Healing is also one of the gifts of the Spirit. For some examples, check out Matthew 8:16-17, Acts 8:6-7, and especially James 5:14-16.

### **Why doesn't God answer all of our prayers?**

He does! Sometimes we get stuck on the idea that “yes” is the only answer that counts. God may answer with “not right now,” or “I have something better for you.” Often, when we look back over time, we are able to see how God was moving and realise His plan was better, and although He removed an opportunity, or closed a door, it ended up leading us to more joy, freedom, and life.

## **How often should we pray?**

1 Thessalonians 5 gives us an answer. It says, “Rejoice always, pray continually, give thanks in all circumstances for this is God’s will for you in Christ Jesus.” Essentially, pray anytime there’s an opportunity — no matter where you are or what you’re doing. Use every occasion, every season, and every possible moment to pray. It doesn’t have to be formal. Make talking with God a part of your everyday habits.

