

# Say Less, Pray More

## Don't Perform—Connect

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### ***Matthew 6:5-9 NLT***

When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. When you pray, don't babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him! Pray like this: Our Father in heaven, may your name be kept holy.

Prayer loses its POWER when it becomes about PERFORMANCE

PRIVATE prayers carry PUBLIC power

Stop REHEARSING problems with people - Start RELEASING them to God

Prayer is not about CORRECTNESS — it's about CLOSENESS

1. Prayer loses its POWER when it becomes about PERFORMANCE
  2. Private PRAYERS carry public POWER
  3. Stop REHEARSING problems with people and start RELEASING them to God
  4. Prayer is not about CORRECTNESS — it's about CLOSENESS
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## Prayer TOOLKIT Guide

*(Practical tool for those unsure how to begin)*

1. Be HONEST  
“Father, this is what I’m feeling right now. \_\_\_\_.”  
(Example: “I’m worried.” “I’m angry.” “I’m tired.”)
2. Be DEPENDENT  
“Father, I need You to help me with \_\_\_\_.”  
(Example: “Give me wisdom.” “Give me strength.” “Provide what I can’t.”)
3. Be TRUSTING  
“Father, I trust You with this. I release it into Your hands.”  
(Example: “I give You this relationship.” “I give You this fear.”)

*Remember:*

- It doesn’t have to be long.
- It doesn’t have to sound polished.
- It just has to be real.

***Say less. Pray more.***

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## Talk About It — Life Group Discussion

### Adults

1. What’s one way you’ve struggled with making prayer a performance?
2. How does Jesus’ teaching free us from the pressure of “praying

right”?

3. Where do you most often connect with God privately?
4. What are some struggles you tend to rehearse with people instead of release to God?
5. How does calling God “Father” shape your trust in Him?

### **Students**

1. When do you feel tempted to “perform” for others instead of being real?
  2. Why do you think Jesus told us to pray in private?
  3. How is prayer like talking to a parent or close friend?
  4. What’s something you usually talk about with friends that you could pray about instead?
  5. How could your prayer life change if you focused more on your relationship with God than performing for Him?
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## **Going Deeper — Bible Study**

Passages to Read Together:

- Matthew 6:5–9 (this week’s anchor)
- Psalm 139:1–4 (God knows us before we speak)
- Romans 8:15–16 (God gives us the Spirit of adoption — “Abba, Father”)

Study Questions:

1. Compare Jesus’ warning about “hypocrites” in prayer with the Pharisees’ examples elsewhere in the Gospels. What’s the danger?
  2. Why do you think God delights in private prayer?
  3. How does knowing God as Father shift the way you pray compared to seeing Him only as King or Judge?
  4. What role does authenticity play in spiritual growth? How can you cultivate it?
  5. This week, what’s one situation you need to stop rehearsing with people and start releasing to God?
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### **REMEMBER:**

The gospel is the GOOD NEWS of Jesus Christ... That he died on the cross for our sins and rose again on the 3rd day to defeat sin and

death!\*\*

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**Read - Think - Pray - write down your thoughts... then do something - GO BE THE CHURCH!**

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