

Say Less, Pray More

Pray Like You Mean It

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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.

Matthew 6:10-12 NLT

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Give us today the food we need (daily bread), and forgive us our sins,

as we have forgiven those who sin against us.

Who are we praying to?

1. We pray to God the Father

2. Through the Son

- **Hebrews 4:16 NLT**

Let us come boldly to the throne of grace.

3. By the Power of the Spirit

- **Romans 8:26 NLT**

The Spirit helps us in our weakness... the Spirit Himself intercedes for us.

Prayer isn't about GETTING my way; it's about GIVING God His way

Prayer REMINDS me that EVERYTHING I have comes from God

Prayer is where GUILT meets GRACE

Prayer Starter Guide — Week 2 Focus: Trusting and Releasing

1. ALIGN:

"Father, I want Your will above mine. Help me to trust Your plan."

2. DEPEND:

"Father, give me what I need for today — not everything I want, but what You know is best."

3. RELEASE:

"Father, thank You for forgiving me. Help me forgive others like You've forgiven me."

Remember:

- You can't control outcomes, but you can surrender them.
- God's will is not always easy, but it's always good.
- He provides. He forgives. He leads.

Say less. Pray more.

Talk About It — Life Group Discussion

Adults

1. How does understanding prayer as Trinitarian (to the Father, through the Son, by the Spirit) reshape the way you approach God?
2. What does it look like to truly pray, “Your will be done,” in a real-life situation?
3. Why is dependence (daily bread) so countercultural, and what helps you cultivate it?
4. How has God’s forgiveness changed the way you handle guilt or resentment?
5. Where do you feel God inviting you to release control this week?

Students

1. When have you tried to do things your own way instead of God’s? What happened?
 2. How can you tell the difference between your plan and God’s plan?
 3. Why does Jesus tell us to pray for daily bread instead of everything at once?
 4. How does forgiving others show that you trust God’s grace?
 5. What’s one thing you could surrender to God this week instead of trying to fix it yourself?
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Going Deeper — Bible Study

Passages to Read Together:

- Matthew 6:9–12 (this week’s anchor + context from Week 1)
- Romans 8:26–27 (Spirit’s help in prayer)
- Hebrews 4:14–16 (Approaching the throne through Christ)
- Exodus 16:4–5 (Daily manna and dependence)
- Ephesians 1:7 (Forgiveness through Christ)
- Proverbs 3:5–6 (Trust in the Lord with all your heart)

Study Questions:

1. Why is it essential to pray to the Father, through the Son, by the Spirit?
2. How does God’s sovereignty give confidence when you pray for His will?
3. What daily practices can help you depend more on God’s provision than your own control?
4. How does receiving and extending forgiveness demonstrate the

gospel?

5. Where do you sense God inviting you to trust His direction more deeply this week?

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!**

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

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