

Prayer

how to talk with God

Start Here

Reflect on the last five steps.

Which has been most helpful to you?

Can you give an example of how it has helped you?

Discuss

What does prayer mean to you?

How has your experience of prayer changed since you became a Christian?

What about prayer do you find easy?

What do you find hard?

Main Idea

Jesus was always praying. His disciples saw him pull away for times of solitary prayer. They watched him pray with crowds. They were invited to join in some of his most intimate conversations with the Father. They saw that his prayer life was effective. So, one day they asked Jesus to teach them to pray and realized they could grow in their ability to pray (Luke 11:1).

Jesus answered them and gave them a model to follow in prayer. We know this as “The Lord’s Prayer.” Though it is short, it is packed with power for all of life (Luke 11 and Matthew 6).

Join the disciples in this request. Take a moment to ask Jesus to teach you to pray.

Explore the Word

(Part 1)

Read Matthew 6:9-13 aloud.

What phrase strikes you? Why?

This prayer gives us a pattern to help us to learn to pray. Let’s consider how we can pray through its different parts:

Our Father who is in heaven, hallowed be your name.

- When you begin to pray, pause to remind yourself of who he is - our Father in heaven. This means he is good, sovereign, and able. Spend some time worshipping him.

Your kingdom come, your will be done, on earth as it is in heaven.

- Before bringing your own needs and desires before God, align your will and your desires with his good and perfect will. Ask for his kingdom to rule and bring peace into our chaotic world.

Give us this day our daily bread.

- Bring your needs before the Father. These needs can be spiritual, physical or emotional. He cares about them all.

Explore the Word (Part 2)

Forgive us our debts, as we also have forgiven our debtors.

- Acknowledge where you have sinned against God and ask for his forgiveness. Where others have hurt you, walk through the process of forgiving them.

Lead us not into temptation, but deliver us from evil.

- Ask the Lord for his protection in this dark world, bringing specific areas of concern to him, especially where you may feel under attack.

For thine is the kingdom, and the power, and the glory, forever.

- Finish where you started, by focusing on the Father and worshipping him.

Discuss

How does this pattern differ from how you currently pray? Which part is most comfortable for you and reflects your current prayer life? Which parts do you not pray regularly?

Why is it important to use all the parts in your prayer life? What would happen if we only pray one or two parts on a regular basis?

Practice Together Now

Pray through all parts of the Lord's prayer together now:

- Worship the Father
- Align with God's will
- Ask for your needs
- Receive and extend forgiveness
- Ask for protection
- Return to worship

Help each other find words for the parts you don't normally use.

Review your Practice Daily

- Memorize the Lord's prayer.
- As you pray daily, use the pattern of the Lord's prayer in full.

- Note how your prayer life grows, and share what you learn with each other.