

WEEK SEVEN

TALKING TO GOD

WATCH *Prayer: Teach Us to Pray*

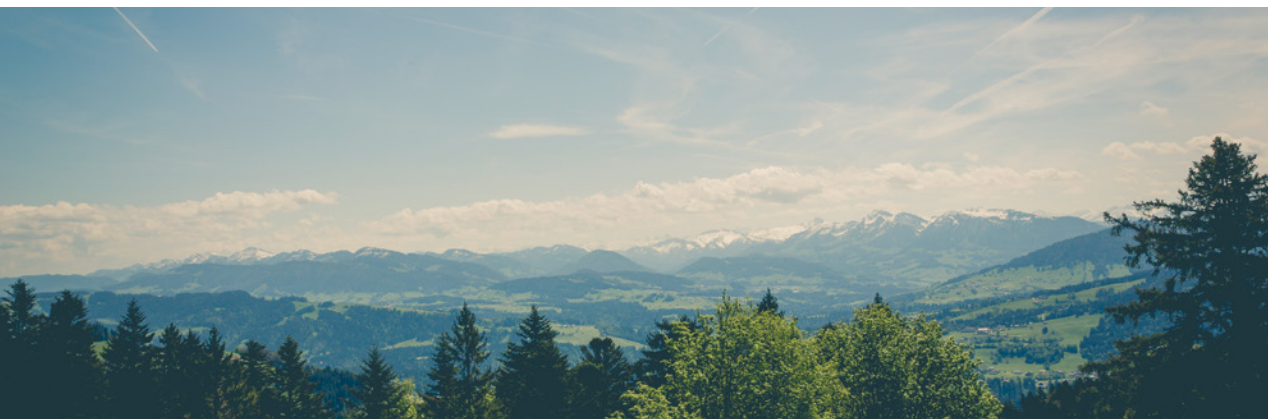
Big Idea

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 NIV





Discussion

- Does prayer tend to be your first response or your last resort? Why do you think that is?
- After hearing this week's message, what do you think your prayer time should look like?
- 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. Share a time God answered your prayer.

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

Begin familiarizing yourself with the tools in the Pray First Guide (see "Resources"). Plan your prayer time by establishing a time and place that you can see yourself using daily.

