

## TEACH US TO PRAY

### INTRO

When you were a child, what did you want to be when you grew up?

What does an ideal long weekend look like for you?

Can you think of a time when a prayer was answered in an amazing way?

### READ

Matthew 6:9-13, Hebrews 4:12, Matthew 4:4, Ephesians 1:15-18

### REFLECT

*Qu: What are some of the challenges you face when it comes to prayer?*

Many people think of prayer as a technique to get answers from God. But prayer is so much more than that.

Here is a fuller definition:

Prayer is the process of drawing near to God through His word and by His Spirit experiencing the riches of Christ as we become more centered on Him, more submitted to Him and more directed by Him

#### 1. Prayer – a process

Jesus prayed regularly and set the pattern for prayer. It is something that takes a lifetime to do well.

*Qu: Do you have a set time, place and time goal for daily prayer?*

#### 2. Prayer – God's word

The Lord's prayer is the outline for prayer and the book of Psalms is the main content for our prayers.

## Pt 5: SUBMISSION

*Qu: Why is it important for the word and prayer to go together?*

#### 3. Prayer – God's Spirit

God's spirit impresses the reality of what we know about God and takes it from mere knowledge to experience. Paul's apostolic prayers for the church had such a focus.

#### 4. Prayer – more centered on Him

The second petition of the Lord's prayer is "Thy kingdom come" When we pray and meditate on God's word, we are recalibrating our lives around Him. We are all wayward sheep and need to be reminded that He is the center of our lives.

To pray for God's kingdom to come is to ask God to extend his royal power over every part of our lives – emotions, desires, thoughts, and commitments. – Tim Keller

#### 5. Prayer – more submitted to Him

"your will be done"

This is a scary prayer and precisely why we need to know God as our loving Father before we can even utter such words.

### RESPOND

*Qu: What prayer practices are you going to implement?*

### PRAY

- Pray for perseverance in prayer
- Pray for one another for any needs in our lives or challenges we may be facing