

## ICEBREAKER

- If you could meet anyone living or dead, who would it be and why?
- Did your family pray before meals and/or bedtime when you were growing up? What was that like?
- Have you ever prayed out loud in a group or public setting? What is most intimidating about that to you?

## LEADERSHIP SUMMARY

1. As you transition from the opening icebreaker questions, it may be beneficial to follow up from last week's session by asking group members this question: "How did it go with your thought process this week (loving God, identifying any lies, replacing the lies with the truth)?" This will provide you with an opportunity to see if they've made any progress.
2. Some of the group members will have been taught that the "Lord's Prayer" is the model prayer. It will be helpful to see that it's not as much the model prayer as it is A model OF prayer. There is a significant difference, and it allows us to have a blueprint of how we are to approach our heavenly Father. It's designed to be more than a rote prayer or ritual.
3. There will also be an opportunity for the group to discuss the tension between God knowing what we need before we ask and His invitation for us to be persistent in prayer. They go hand in hand and are not meant to confuse us but rather to help us find balance in our times of prayer.
4. One of the significant thoughts of this session for many will be in the food section of the prayer (pgs. 169-170). You are encouraged to explore the issue of fasting as a part of this conversation. For those who have never submitted their consumption of food to the Lord, it will be a tremendous breakthrough.
5. Step four, *Learn to Pray Through Pain*, could be one of the most emotional portions of the book. This is because it deals with the past and has the potential to bring deep emotional wounds to the surface. Please be sensitive to the needs of those in your group and tread lightly into these matters. Please feel free to mention how much they will benefit from one-on-one spiritual coaching and especially counseling to find healing and wholeness from the pain of the past.

6. Step five focuses on spiritual warfare and will most likely be beyond the scope of what you can cover in this session. There are resources available for those who wish to pursue the matter further.

## QUESTIONS

- Read Matthew 6:9-13 **[See if they can quote it.]**

*<sup>9</sup> "This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, <sup>10</sup> your kingdom come, your will be done, on earth as it is in heaven. <sup>11</sup> Give us today our daily bread. <sup>12</sup> Forgive us our debts, as we also have forgiven our debtors. <sup>13</sup> And lead us not into temptation, but deliver us from the evil one.'"*

1. Which misconceptions about prayer would best describe your views before you became a follower of Jesus: magic wand, first aid kit, tug-of-war, religious duty or other?
2. The main point of this passage is, "You learn to pray by speaking directly with God." Where are you in your learning process about prayer?
3. What aspects of this prayer stand out to you the most?
4. In verse 10 Jesus prays "Your kingdom come, Your will be done." How will this affect the way you pray?
5. Did you ever notice that the Lord's Prayer is meant to be prayed with others? (Our Father) Does that change how you think about prayer?
6. How does praising God affect your prayer life?
7. What are a few of your favorite praise and worship songs?

## BREAK INTO GROUPS OF 2-3

1. How could you make prayer a bigger part of your life this week?
2. Pray out loud for one another using the “Learn to Pray Scripture” prayers from Ephesians, Philippians or Colossians.

## MISSION

- Have someone share their 3 minute story.
- Pray for your missionary.
- Pray for your group activity to influence people for Christ.

## PRAYER

- Pray the “Lord’s Prayer” together as a group.

## BEFORE NEXT GATHERING:

- Read *Learn To Manage* (pgs. 186-214)
- Memorize Matthew 6:33

## RESOURCES

- Music to Inspire You to Follow Jesus (PDF)
- Four Common Lies Chart (pgs. 236-237)
- Praying Scripture (PDF)
- Fasting (PDF)
- Spiritual Warfare Series (PDF)
- Unstoppable Series (PDF) – see session 4 resources section for details