

Group Discussion Guide

SESSION 3: The Pattern For Prayer (part one)

VIDEO LESSON

There is a video lesson for the group to watch together each week. Fill in the blanks in the lesson outline as you watch the video and be sure to refer back to the outline during your discussion time.

“This, then, is how you should pray.” (Matthew 6:9)

Jesus didn't say, “This is WHAT you should pray.” He said, “This is HOW you should pray.” The Lord's Prayer is not a magic spell or incantation. Instead, the Lord's Prayer is a pattern for prayer.

“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)

The Lord's Prayer is a ten-step pathway that will lead you to a deeper, closer relationship with God.

- **Step 1: I remember** _____.

The Prayer of Connection – “Our Father in heaven.”

Ephesians 3:17-19

God's love is long enough to last forever, wide enough to embrace everything about you, deep enough to pull you out of your deepest despair, and high enough to overlook every offense.

- **Step 2: I tell God** _____.

The Prayer of Refocusing – “Hallowed be your name.”

God's names tell us who he is. He is your Creator who made you, your Father who loves you, and your Savior who forgives you. He is your Shepherd who guides you, and your Shield who hides you. He is your Counselor who gives you wisdom, and your Comforter who gives you strength. He is the best Friend you will ever have.

Psalms 107:15

- **Step 3: I offer my life** _____.

The Prayer of Cooperation – “Your kingdom come.”

Jeremiah 29:11

Group Discussion Guide

Even when you can't make sense of the troubles you're going through, you can be confident that God is watching out for you and is working everything out for your good.

Romans 8:28

Living for God's purposes isn't a one-time decision. It has to be a daily attitude of your heart.

Romans 12:1

- **Step 4: I give God** _____.

The Prayer of Surrender – “Your will be done on earth as it is in heaven.”

Matthew 14:36

That's the prayer Jesus prayed on his way to the cross. In his hour of deepest suffering, he prayed the Prayer of Surrender. He gave God his pain and sorrow, and he surrendered to the will of God.

- **Step 5: I trust God** _____.

The Prayer of Dependence – “Give us this day our daily bread.”

Now that you have told your heavenly Father you love him, and you have surrendered to his will, bring him your prayer requests. He cares about everything that's on your mind. Tell him about the challenges you are facing today, the needs that you have, and the fears and worries that are nagging you.

Philippians 4:19

Jesus teaches us to ask for daily bread because God wants you to depend on him one day at a time.

Matthew 6:34

DISCOVERY QUESTIONS

Choose the questions that are right for your group and take time to let God work in your lives.

1. Prayer starts with who God is; it doesn't start with what you need. Why do you think Jesus taught us to praise God (hallowed be your name) and to surrender to God (your kingdom come, your will be done) before we make our requests to God?

Group Discussion Guide

2. Rick Warren listed some of the names of God: Creator, Father, Savior, Shepherd, Shield, Counselor, Comforter, and Friend. Which name reminds you most of God's presence in your life or resonates with you in your current circumstance?

3. The Lord's Prayer teaches us to ask God for our daily bread. Share a story of how God has provided for you.

PUTTING IT INTO PRACTICE

Be doers of the Word by applying the things you are learning.

In Your Group: Pray Together

Before you begin praying as a group, share your individual prayer requests based on what stood out to you as an area of growth in this session. Now pray as a group. Remember to start with praise, then surrender your will to God's will, and then make your requests.

In Your Life: Gratitude List

This week start your daily prayer time with praise and worship. Notice what happens in your prayer life. Make a list of a few things you are grateful for today. God loves when we come to him with an attitude of gratitude.