

Group Discussion Guide

SESSION 4: The Pattern For Prayer (part two)

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.

- **Step 6: I admit** _____.

The Prayer of Cleansing – “Forgive us our sins.”

God promises that if you will confess your sins to him, he will forgive you instantly, freely, completely, and permanently.

1 John 1:9

Psalm 32:1-5

- **Step 7: I release** _____.

The Prayer of Release – “...as we forgive those who sin against us.”

Forgiveness isn’t about fairness. Forgiveness is about grace. The first key to learning how to forgive others is to remember how much you have been forgiven.

Ephesians 4:32

You will never have to forgive anyone more than God has already forgiven you.

Matthew 6:14-15

When you are hurt, you have only two options: You can either relive it or release it. Reliving the hurt only perpetuates the pain. But releasing the hurt is the path to inner peace.

Matthew 5:7

1 Corinthians 13:5

- **Step 8: I ask God** _____.

The Prayer of Protection – “Lead us not into temptation.”

Temptation is not always about doing the wrong thing. Temptation is also about not doing the right thing.

Colossians 3:23-24

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- **Step 9: I depend** _____.

The Prayer of Deliverance – “Deliver us from evil.”

- **Step 10: I praise God** _____.

The Prayer of Victory – “Yours is the kingdom and the power and the glory forever. Amen.”

The Lord’s Prayer ends where it begins – with the glory of God. Jesus is teaching us that the ultimate aim of our prayers is that God will be glorified, not matter the outcome. The purpose for prayer is not to conform God to my way of seeing things; the purpose for prayer is to conform me to the kingdom, power and the glory of God.

Psalm 115:1

Matthew 6:9-13

DISCOVERY QUESTIONS

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

1. Read the verses under Step 6 above. Why does God want us to confess our sins to him?
2. In the video, Rick said, “Forgiveness isn’t about fairness; forgiveness is about grace. You will never have to forgive anyone more than God has forgiven you.” Where would you be without God’s grace? How does this truth encourage you to be more forgiving.?
3. The goal of our prayers is to glorify God. Share some of the ways you can do this in your daily prayer life.

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PUTTING IT INTO PRACTICE

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: admit my faults, release others, guard my heart, depend on God's power, and praise God.

In Your Life: Prayer of Forgiveness and Tools for Temptation

If you feel bitterness, anger, or other negative emotions toward anyone, take a look at **The Prayer of Forgiveness**. Use this prayer as a model to help you let go of unforgiveness. If the memory comes back and you struggle with unforgiveness again, repeat this prayer as often as necessary. Trust God every day to give you his power to forgive. If you need help in your struggle with temptation, read the **Seven Steps to Escape Temptation**.

The Prayer of Forgiveness

Dear Lord, I may not be able to forget, but I'm choosing to forgive _____.

I realize trust may take time to rebuild, but I choose to hold no grudges. Help me to let go of bitterness or anger in my heart, so that I may live in freedom. Give me your grace so that I may relinquish my "right" to get even. Help me understand that you have forgiven me and that I can forgive _____ through you. I trust in your power to do that.

Now, Lord, I ask you to bless _____. In particular, I ask you to bless them with these things: _____.

God, please replace my hurt with your healing. Replace my pain with your peace. Replace my loss with your love. May the past truly be the past. In Jesus' name I pray, amen.

Seven Steps to Escape Temptation

1. **Get into the Word** – "hide" God's Word in your heart (Psalm 119:11)
2. **Identify your vulnerabilities** (Matthew 26:41)
 - a. When are you most tempted?
 - b. Where are you most tempted?
 - c. Who is with you when you're most tempted?
 - d. How do you feel before you're tempted?
3. **Plan what you're not going to do** – stay away from people, places or situations that cause you to be vulnerable (Proverbs 4:26-27)
4. **Guard your heart** – temptation is an "inside job" – pay attention to the condition of your heart (Proverbs 4:23)
5. **Pray for deliverance** – when your back's against the wall, call out to God for help (1 Corinthians 10:13)
6. **Refocus your attention** – whatever gets your attention gets you
7. **Find a friend** – you need a spiritual partner and trusted friend to help you (Ecclesiastes 4:9-10)