

TEACH US TO PRAY...

PRAYERS THAT GET ANSWERS



LESSON 1 // TEACH US

Big Idea: Jesus' first disciples were hungry to learn how to pray and we can grow in prayer from the teachings He shared with them (Matthew 6:5-8; Luke 11:1-4).

We should be real and relational as we pray, focused on our heavenly Father and confident of our faith in Him. Our heart in prayer is to know the Lord better, understand more of His ways and experience His presence. As we seek Him, He answers with peace, provision, wisdom, direction and strength. When we are committed to pray like this consistently—setting a regular time, place and pattern for prayer—God can work in and through us in powerful ways!

Matthew 6:9-13 (NIV) *This, then, is how you should pray: "Our Father in heaven, hallowed be your name, ¹⁰ your kingdom come, your will be done, on earth as it is in heaven. ¹¹ Give us today our daily bread. ¹² And forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from the evil one."*

Start Talking:

- Share of a time that you prayed for someone or something and God answered that prayer.
- What do you think is the most challenging part about establishing a consistent prayer time? If you were helping someone develop that spiritual discipline, what practical advice would you give them to help them grow in this area?

Start Thinking:

- **Read Matthew 6:5-13.** Prayer can be an intimidating practice for many, yet, in the gospels, Jesus encourages his disciples to be real and to approach God honestly and confidently. Since God knows everything about us, why do you think it is difficult to approach Him in prayer this way? How can someone overcome this obstacle in prayer?
- Let's be honest, we live in a world where distractions come very easily. From our responsibilities to our phones, there are a lot of things that want our attention. Is there a consistent distraction that you have to contend with when praying? How do you normally handle it when you wind up completely distracted?
- In Matthew 6:7-8, Jesus instructs His disciple to approach God confidently. How should one balance approaching God with humility and also approaching confidently?
- This weekend Pastor Dale shared on the purpose of prayer as written in Exodus 33. From Moses' prayer, we learn that the purpose behind prayer is to: know God and His ways, and experience His glory. How should this truth impact our approach to prayer?
- If we are going to know God and experience Him we must commit to pray consistently. What are some practices that have helped you establish a consistent prayer time? If you are not consistent in that time, what is one step that you will take this week to begin?

Start Praying:

This week spend a few extra moments in prayer and ask group members to pray aloud (if they are comfortable). Group members could be praying for the needs of others within the group. The group leader can take time and ask for the Holy Spirit to help everyone take steps this week to spend time in prayer. Also, ask that people would experience God's presence and His glory.

Start Doing:

- If you haven't yet, download the prayer guide and follow along with the prayer focus for the remainder of the series.
- Invite those in your group to prayerfully consider supporting outreach efforts at Church of the Redeemer. Support can be offered by volunteering, donating products, or offering financial support (for those that are able). For more information visit: <https://church-redeemer.org/ministries/outreach/covid-19>