

Matt 6:5-15 – Learning to Pray from Jesus

What situations do you tend to get anxious in?
Do you normally pray when you're anxious? Why / why not?

Read Matt 6:5-15

Jesus gives us the right **perspective** for prayer. We should pray:

- to 'our Father'
- 'who is in heaven'

What does it mean to pray to God as 'our father' who is 'in heaven'?

- Why is this a necessary perspective for Christian prayer?
- How does it contrast with the examples Jesus is critical of in v5-8?

Jesus then provides a helpful **pattern** of prayer, showing us what concerns and requests should shape our daily prayers. Reflect on each of the following phrases and put them in your own words and/or fill them out with examples of requests that follow the pattern of Jesus' requests (*spend at least 10mins doing this!*).

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.

* Share your prayers and discuss any questions you have about the meaning of the phrases, or how to pray in line with them.

* Spend time together now praying through each phrase in your own words, either simply the phrases you have already written down, or other similar requests.

In the sermon on this passage, Hefin pointed out the following things that we learn about the **practice** of prayer:

- *learn* the Lord's Prayer (memorise it and pray it, with others and on your own)
 - "When you find it hard to pray, pray the Lord's prayer"
- pray the Lord's Prayer in your *own* words - let it shape your requests
- pray as one who knows God's *grace* (towards yourself and others)
- pray, knowing you *can* pray, because of Jesus

What stands out to you from these points? Why?

What do you want to do differently this coming week as you pray?