

give thanks and praise for God's gracious offer to forgive. Pause for a moment now and ask God to show you anyone you need to forgive and pray that He will soften your heart towards that person.

- And lead us not into temptation, but deliver us from the evil one.

*1 Corinthians 10:13 NLT - 13 The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.*

*Temptation will come into your life. But it is not from God. 1Cor 10:13 assures us that God is faithful to provide us a means of escape from temptation. The source of temptation today is the same as in was in Eden. Do you know where you are most susceptible to temptation? How has God provided a way out for you in the past? Does that help you recognize and avoid the traps of temptation you'll face in the future?*

### **WRAP-UP**

Jesus demonstrated a life of constant prayer and gave us a model to help us to prayer. It shows us we have a Heavenly Father who is holy and whose will we should submit ourselves to. He provides for our every need and graciously forgives our sins, which leads us to forgive others. And He is faithful to equip us to deal with the temptations that come our way.

### **MEMORY VERSE**

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

*- Philippians 4:6 NLT*

### **PRAYER (20 MIN)**

Ask your group to pray for you regarding one area where you can apply this study in your life.

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*Challenge – Visit [newlifepismo.com/lent](http://newlifepismo.com/lent) to find prayer resources including a digital prayer journal you can use to record your prayers during this season.*

## **Prayer 101** Teach Us to Pray#1

### **INTRODUCTION**

During the season of Lent, our sermon series will focus on prayer. The regular practice of prayer is an important component of the Christian faith. It can sometimes be a hurdle if we have fears, doubts, or embarrassment when we pray. But the more we understand about prayer, the more we will desire for the connection between us and our Heavenly Father through prayer. Perhaps the best know prayer of the Christian Faith is often referred to as the Lord's Prayer. It is the prayer that Jesus taught His disciples when they humbly asked Him to teach them to pray. It is our jumping-off point in our study of prayer.

### **Ice Breaker**

What is the first time or most significant occasion that you recall praying the Lord's Prayer?

### **Key Passage**

*Matthew 6:9-13 NIV - 9 "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.'*

### **STUDY QUESTIONS**

#### **1. Why We Pray**

What motivates us to pray? Most of us pray in times of desperation when we feel overwhelmed because we know God is our only answer. Sometimes we might choose to pray when things frustrate us, and we know God welcomes us even when we come to complain. But do we

also recognize that prayer changes us? Spending time in God's presence takes our focus off other things and helps us align ourselves with the heart of God. Do we, like David, want God to shine His light on our lives and show us what needs changing?

*Psalm 139:23-24 NLT - 23 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you, and lead me along the path of everlasting life.*

*What are the things that most frequently motivate you to pray? Do you recall having a change of heart after spending time in prayer?*

## 2. What We Pray

*Philippians 4:6-7 NLT - 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

Prayer is about communicating with God. It requires no skill, only an honest desire to meet with your Father. No topic is off limits, in fact, Philippians 4:6 tells us to pray about everything.

*What does verse 6 recommend prayer as an alternative to? Do you feel that you spend more time worrying or praying? Next time you catch yourself becoming anxious and worried, stop and shift your focus to God through prayer. What does verse 7 tell us we can expect when we do that?*

*"...most scripture speaks to us, the Psalms speak for us."  
— Athanasius, 4<sup>th</sup> century church father*

One place you will find is a good source of prayers is the Psalms. The Psalms are songs and prayers of our ancestors in the faith. They express virtually any emotion we might encounter, joy, fear, anger, doubt, celebration, lament.

*Compare Psalm 23 with Psalm 100. What circumstances might lead you to pray each of these?*

## 3. How We Pray

Let's look briefly at the prayer Jesus taught His disciples (Matthew 6:9-13) and see how it can guide us in our own prayers.

- *Our Father in heaven, hallowed be your name,*

*God occupies many roles in our lives, but when Jesus was teaching us how to pray, He chose the role of father. What does this reveal about the level of intimacy we have with God? Hallowed (hagiazō) means to be holy, pure, set apart. How does it shape your perspective as you approach your Heavenly Father to know He is holy?*

- *Your kingdom come, Your will be done, on earth as it is in heaven.*

Prayer is not about aligning God's will with our will but aligning ourselves with His will. To do that we need His eyes to see things the way He sees them, the way they could be.

*As you pray, ask God to help you see the future conformed to His will. Using a "Prophetic Imagination" pray for God to move into this world to bring about His kingdom, and to restore wholeness and justice.*

- *Give us today our daily bread.*

*Matthew 4:4 NLT - 4 But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'"*

*God is faithful to provide for us every day. Not only for our physical but also for our spiritual needs. Do you have a regular time set aside to read God's Word? What time of day works best for you?*

- *And forgive us our debts, as we also have forgiven our debtors.*

*Matthew 6:14-15 NLT - 14 "If you forgive those who sin against you, your heavenly Father will forgive you. 15 But if you refuse to forgive others, your Father will not forgive your sins.*

*Our desire to forgive others flows from a heart that has itself received forgiveness. But if you are unwilling to forgive, that may indicate you haven't received God's forgiveness and allowed Him to change you. Your salvation is not conditioned upon your actions towards others, but the evidence of your salvation is seen through how you live.*

*If you find there is unforgiveness in your heart, spend time opening yourself to God's forgiveness. Acknowledge your sins before Him and*