

How to Pray | Week 1

Introduction

In the Sermon on the Mount, Jesus teaches us to pray. In the “Lord’s Prayer,” he gives us the principles of prayer for all time. Prayer is relational. It’s about worship, surrendering to God’s will, relying on His provision, aligning our hearts with His, resisting what is evil, and trusting God in everything.

Conversation Starters (10 minutes)

- What is your experience with prayer?
- What excites you, and what seems daunting about establishing a regular rhythm of prayer in your life?

Sermon Notes Review (15 minutes)

What stood out, challenged, or impacted you from the weekend message?

[Watch the Video \(20 minutes\)](#)

This week’s video will look a little different from usual. You will hear a brief introduction to the Lord’s Prayer, and then we will enter into a time of guided prayer together. Follow along with the guided prayer in the [Prayer Guide](#) on page 6.

Group Discussion (30 minutes)

1. What did you learn through the guided prayer experience? Were there any parts that surprised or challenged you?
2. What did you hear God saying to you during your time of prayer?
3. Which principles of the Lord’s Prayer are like your usual prayers? Which section(s) are elements of prayer you would like to incorporate more?

Prayer (5 minutes)

Close your time in prayer using the exact words of [the Lord’s Prayer](#) or using your own words, with the format of the Lord’s Prayer as a guide:

- Connect with God relationally
- Worship His Name
- Pray His agenda
- Depend on Him for everything
- Forgive and be forgiven

- Engage in spiritual warfare
- Express faith in God's power

Announcements (5 minutes)

- One of the best responses to Jesus' radical grace in our lives is to serve others. We hope that serving others will become a regular part of your rhythm as your group continues to meet.
- Find suggestions for places to serve [HERE](#). Also, check out our We Care food donation page at wecare.sv.cc.