

## The Secret to Prayer

### **Mark 1:29-39**

Three dangers at the start of the journey:

- ❶ **Religion** can actually keep us from **Jesus**.
- ❷ Chasing the **miracles**, not the **message**.
- ❸ Seeking God for **success**, not **surrender**.

### **The secret to prayer:**

The secret to prayer is simply having **secret prayers**.

Prayer is:

- ✓ Not something **we do**, it's someone **we're with**.
- ✓ Not about getting what **we want**, but connecting with who we are **talking to**.
- ✓ Both **talking** and **listening**.
- ✓ The key to **union** with God, and **separation** from the enemy.
- ✓ More about changing **our lives**, not changing **God's mind**.

### **Two things to consider:**

- If we are only coming to God to get **what we want**, he may be **running** from us.
- Prayerlessness may be our greatest **sin**, because of what it says about who we really think is **in charge**.

# Life Group Study Questions

For the week of February 3, 2019

## QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged or confused you?

## MY STORY

1 How would you describe your experience with prayer growing up?

2 When it comes to prayer in your own life, do you...

- Prefer to pray silently instead of out loud
- Find your mind wandering when trying to pray
- Rarely think about praying
- Look forward to prayer time as a group
- Feel awkward about praying out loud
- Don't really know how to pray
- Other \_\_\_\_\_

## DIGGING DEEPER

1 In the sermon this past weekend, Chris talked about the secret to prayer. In this week's study questions we're going to do another circle/highlight/underline study on the Lord's Prayer to learn more about how to pray.

1. **Circle** / **highlight** any words or phrases that catch your attention.
2. **Underline** the verse you see as most important to remember.
3. **Put an X** next to anything that confuses you.

### Matthew 6:5-15

<sup>5</sup> "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. <sup>6</sup> But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. <sup>7</sup> And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him.

<sup>9</sup> "This, then, is how you should pray:

"Our Father in heaven,  
hallowed be your name,

<sup>10</sup> your kingdom come,  
your will be done,

on earth as it is in heaven.

<sup>11</sup> Give us today our daily bread.

<sup>12</sup> And forgive us our debts,  
as we also have forgiven our debtors.

<sup>13</sup> And lead us not into temptation,  
but deliver us from the evil one.'

<sup>14</sup> For if you forgive other people when they sin against you, your heavenly Father will also forgive you. <sup>15</sup> But if you do not forgive others their sins, your Father will not forgive your sins.

Jesus gave this prayer to the disciples in response to their request for him to teach them how to pray (Luke 11:1). It was given to teach us how to pray, not as a prayer to be recited over and over again like some magic phrase. In the prayer Jesus gives us five components of what prayer looks like. See if you can identify all of them, and then in your own words write out what each one of them is about. (*Hint: Each verse contains one component. If you need help figuring them out, we put them on the last page*).

Looking at the components, most of us probably spend more time on the “asking for our needs” component than any of the others. While Jesus wasn’t telling us that we have to include all five components every time we pray, it makes sense to include the other four at various times. As you look at the different components in the prayer, what is your experience with including each one in your prayer time?

How would you rank the five components from most used to least used in your prayer life?

2

In the letters Paul wrote to the churches he started, he included a number of prayers for the church and its members. From these prayers we get great insight into what God’s will and desire is for our lives. As you read each passage, jot down what stands out to you most about what Paul prays for in Ephesians 1:15-19 and Colossians 1:9-12.

*Ephesians 1:15-19 – (New International Version) - <sup>15</sup>For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God’s people, <sup>16</sup>I have not stopped giving thanks for you, remembering you in my prayers. <sup>17</sup>I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit<sup>a</sup> of wisdom and revelation, so that you may know him better. <sup>18</sup>I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, <sup>19</sup>and his incomparably great power for us who believe. That power is the same as the mighty strength*

*Colossians 1:9-12 – (New International Version) - <sup>9</sup>For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives,<sup>a</sup> <sup>10</sup>so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, <sup>11</sup>being strengthened with all power according to his glorious might so that you may have great endurance and patience, <sup>12</sup>and giving joyful thanks to the Father, who has qualified you<sup>b</sup> to share in the inheritance of his holy people in the kingdom of light.*

What stands out to you most from these prayers about what Paul considers most important about spiritual maturity and growth?

Which of the things Paul prayed for would you most like others to pray for you?

## TAKING IT HOME

As you look back on the sermon, the study questions, and the prayers we read in this week’s study questions, is there anything you’d like to stop, start or do differently in regard to personal prayer?

## PRAYER REQUESTS

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**Components:** Praise for God’s character; prayer for kingdom expansion and God’s will to be done; prayer for material provision, prayer for forgiveness and a forgiving spirit; prayer for protection.