

Pray Like This

Matthew 6:9

Overall Goals of this 4 Week Study:

- 1) Establish a life-long habit of daily prayer.
- 2) Learn & practice the basic prayer pattern taught by Jesus.

Week 1 – Pray Like This

Watch Week 1/Video #1.

Read Matthew 6:5-15, aloud. Ask 2-3 people to read it aloud in different translations.

Discuss the following questions:

What do we learn about God from this passage?

What do we learn about people from this passage?

What do we learn about prayer from this passage?

What does Jesus tell us to do, or not to do in this passage?

Zoom in on Matthew 6:9-13. Read it aloud.

Discuss the following questions:

Imagine you were one of the disciples listening to this, what would be your main “take aways” as you listened to Jesus’ prayer?

What do you think Jesus means when he says (in verse 9) “pray like this?”

As a practical matter, how can we obey this command?

Watch Week 1/Video #2. Everyone needs a sheet of paper and a pen or pencil. The video will ask you to pause the video and do exercises together.

Homework:

- 1) Pray the “hand prayer” every day - following the basic outline that Jesus used.
- 2) Extra Credit:
 - a. Fill out worksheet: “Ephesians 1:3-14: If God is my Father, I am ...” listing things that are true about you, if God is your Father.
 - b. As you pray the “hand prayer” every day, flesh out the “Our Father” section with some of the truths from Ephesians 1:3-14.

Hand Prayer

Use your hand to learn how to pray as Jesus taught.

Jesus gives us an example of how to pray in Matthew 6. He is not teaching us to pray repeating those exact words (Matthew 6:7). He is showing us an outline of things to pray about. Our hand can help us remember.

1. Palm = Relationship. As the palm is the foundation for our fingers and thumb, time alone with God is the foundation for our personal relationship with him. **“Our Father in heaven...”**

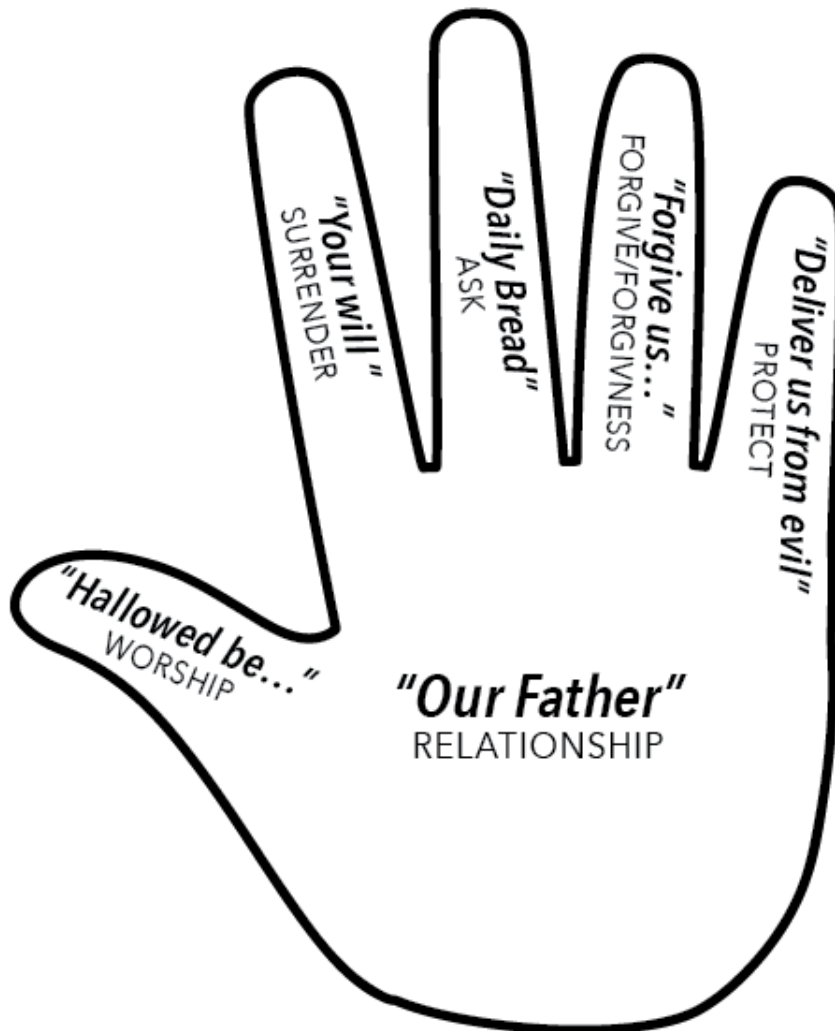
2. Thumb = Worship. Our thumb reminds us that we must worship God before we ask for anything. **“hallowed be your name.”**

3. First Finger = Surrender. Next, we surrender our lives, plans, family, finances, work, future, everything. We are focusing on God’s agenda; not our own. **“Your kingdom come, your will be done...”**

4. Middle Finger = Ask. Then we ask God to meet our needs. **“Give us this day our daily bread.”**

5. Fourth Finger = Forgive/Forgiveness. Now we ask God to forgive our sins, and we must forgive others. **“Forgive us as we forgive others.”**

6. Little Finger = Protect. Then we ask protection. **“Lead us not into temptation, but deliver us from evil.”**



Ephesians 1:3-14 Worksheet
If I am God's Child, I am ...

Ephesians 1:3-14 (ESV)

³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, ⁴ even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love ⁵ he predestined us for adoption to himself as sons through Jesus Christ, according to the purpose of his will, ⁶ to the praise of his glorious grace, with which he has blessed us in the Beloved. ⁷ In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace, ⁸ which he lavished upon us, in all wisdom and insight⁹ making known to us the mystery of his will, according to his purpose, which he set forth in Christ ¹⁰ as a plan for the fullness of time, to unite all things in him, things in heaven and things on earth.

¹¹ In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, ¹² so that we who were the first to hope in Christ might be to the praise of his glory. ¹³ In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, ¹⁴ who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

I am ... _____

I am ... _____

I am ... _____

I am ... _____

I am ... _____

I am ... _____

I am ... _____

I am ... _____

I am ... _____

I am ... _____

I am ... _____