



Life Group Discussion Guide  
“How We Pray”  
Sunday, August 28, 2017

- What is prayer?
- What are some factors that cause us to struggle with prayer?
- Why do we pray?
  - **Matthew 7:7-8, Romans 8:26, John 15:5, James 5:16**

**The Big Idea:** We all know prayer is an important part of our relationship with God, but how do you do it? How do you know if you are praying correctly? In the Sermon on the Mount Jesus gives us a model for prayer. As we follow this process we can develop a deep and enriching prayer life.

When I pray, coincidences happen, and when I don't, they don't. -William Temple

Read Matthew 6:9-15

**“Our Father in heaven,  
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.”**

1. As we pray we are talking to our Heavenly Father.
2. We acknowledge God's authority.
3. Worship sets our heart and mind on God.
4. Our focus is on seeking the will of God.
5. We are dependent on God to meet our needs.
6. We ask for (and give) forgiveness.
7. We rely on God for strength in temptation.

- Which aspect of prayer comes more naturally to you? Which aspect do you need to develop?
- What would a re-commitment to prayer do for your life?