

Way of Discipleship Small Groups

Prayer 4: Praying the Lord's Prayer



Touching base (5 minutes)

Open in prayer as is helpful for your group.

If this is your first session take time to introduce yourselves and set any ground rules you want to for your time together.

If you met previously take the opportunity either as a group or in pairs to check in with each other about how your response from last time has gone.

Introduction: We are going to understand and use the prayer that Jesus taught us when his disciples said, "Lord, teach us to pray." (Luke 11: 1-13)



Opening question(s) (5 minutes)

What is your experience of praying the Lord's Prayer? Which phrases are most helpful?



Understanding the information (20 minutes)

Read through the handout together and discuss how each section leads on from the others.

Then discuss:

How does the way the prayer is ordered make sense?

How does the way the prayer is ordered help us to pray in a healthy way?

How could the prayer be more than something we just say by rote?

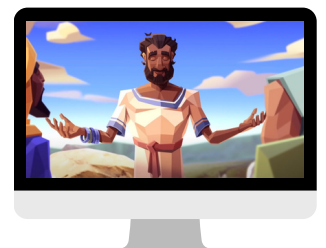


Optional: Bible Project video. (20 minutes)

Watch the nine minute Bible Project video which links the Lord's Prayer to the story of the Bible at:

<https://www.youtube.com/watch?v=3-YlqQfKkKk>

What struck you as important in the video?



Responding to God's leading (5 minutes)

Give people an opportunity to think about, "What might God be showing me and how might I respond?" They may like to write this down and/or share it with the group and/or share it with one other person. A friendly question is to ask each other, "Is there anything that would be helpful to ask you next time?"



Group prayer (15 minutes)

Take time to pray through the Lord's Prayer, giving space after each section for people to pray out loud or quietly.



PRAYING WITH THE LORD'S PRAYER



The prayer Jesus gave us

WILL FOCUS OUR PRAYING INTO EVERY AREA WE NEED.

Use each section, or just one or two. Pray for yourself, or someone else, using some or all of the sections. Remember - it's there to help, not to be a rule to follow.



Start by focusing on God...

"OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME"

Praise God for who He is. Remember that God is our father and you, or someone you are praying for, can come to Him personally and in trust. Remind yourself that it's all about Him and the praise of His glory.



...Then on what He wants

"YOUR KINGDOM COME, YOUR WILL BE DONE"

Pray for God's rule to break in to the world: for justice, peace, love, reconciliation, the spread of the gospel. For God to rule in your life, or someone else's. It's about the extension of His rule and not our personal wants.



Now your heart is in the right place, ask simply for what you need

"GIVE US TODAY OUR DAILY BREAD"

Remember your needs for the day, asking God to provide. Remember He is your provider and say sorry when you grab things for yourself.



As you are aware of His presence, get right before Him

"FORGIVE US OUR DEBTS, AS WE ALSO HAVE FORGIVEN OUR DEBTORS"

Pray for God our father's forgiveness, so that we are... Restoring our relationships with God and with each other. Avoiding the bitterness that grows through our unforgiveness. Thanking God for His grace and mercy and praying that we would show the same to the people around us.



And ask him to lead you

“LEAD US NOT INTO TEMPTATION”

As you prepare to move out to serve Jesus in the wider world, pray for guidance, and for strength in avoiding sinful behaviour. Listen to God. Be still. Are there any words, images, encouragements that God brings to mind?



And protect you

“BUT DELIVER US FROM THE EVIL ONE”

Remember that God is your security and protection, and pray for courage to live out your faith wholeheartedly despite possible persecution, attack or risk.



So that you live for his glory...

“FOR THE KINGDOM, THE POWER AND THE GLORY ARE YOURS,
NOW AND FOREVER.
AMEN.”

