“Teach Us How to Pray”
January 7, 2024

1. If someone asked you “How is your prayer life going?” how would you respond?

2. Kevin DeYoung writes: “Is there any activity more essential to the Christian life, and yet more discouraging *in* the Christian life, than prayer?” Agree or disagree? Explain.

3. Have someone in your group read Matthew 6:5-8.

    1. According to these verses how should Christians *not* pray? Explain why.

    2. Read the Lord’s Prayer (vv. 9-13), how does it differ from the examples of how not to pray?

4. Jesus wants us to know that the God we pray to is a good “Father” (vv. 6, 8, 9). What difference should it make in prayer to know God as Father?

    1. What hurdles might people experience with calling God “Father”? How would you help them overcome these hurdles?

5. Read the quote below. How might it change your prayers to believe that this is who God is?

    “At the heart of the right way to pray is understanding that our God is not hard of hearing, and he is not hard of heart. Speak to him. Shoot straight with him. Be plain with him. You don’t need to impress him. As your heavenly father, he already loves you. You just need to show up and talk to him. That’s the good news.” — Kevin DeYoung