

# KEEPING OUR BALANCE

## *Prayer*

# INTRODUCTION

**AIM : To remind ourselves of the privilege, place and power of prayer in our lives; to learn a pattern for our prayers from Jesus**

- **Why is it so hard to pray?**
- **When might we instinctively turn to prayer?**



It is assumed in the Bible that we pray – ‘when you pray,’ said Jesus. Prayer is communication with God, and if we want to have a relationship with him, communication is a vital component of that.

But it’s so easy to feel that prayer is not a joy, but a duty.

# KEEPING OUR BALANCE

## *Prayer*

# PRAY

### Pray as you start:

That God reminds us of some of the ways he has taught us through Jesus to have intimate communication with him. Thank him that when we don't know what to pray, the Spirit intercedes for us ([Rom 8 : 26](#)).

Praise him that we can reach him in prayer at any time and that we have open access to him through Jesus' death and sacrifice.



**We can learn so much from the prayer that is very familiar to us known as the Lord's Prayer. Jesus gave this to us as a pattern for our prayers.**

# KEEPING OUR BALANCE

## Prayer

# BIBLE STUDY



## Read : Matthew 6 : 9-13

- **Look at verse 9.** How was the way that Jesus began to talk to God through the Lord's Prayer revolutionary for his Jewish listeners?
- Last week, we considered ways in which God is worthy to be the only recipient of our worship. As we think about praying, why is it so good for us to remind ourselves that this amazing Creator God is also our loving, heavenly Father – our *Abba*?
- How might asking God's name to be made holy (**v.9**) give us a godly perspective as we begin to bring our praise and petitions to him?
- How might asking God's will to be done (**v.10**) give us peace in our prayers?





# KEEPING OUR BALANCE

## *Prayer*

# BIBLE STUDY



## Read : Matthew 6 : 9-13

- **Look at verse 11.** Do you think our 'daily bread' only refers to food? What might this verse help us to do as we pray it?
- **In verse 12,** why is it so important to see forgiveness as something we both ask for and give? What are some of the 'debts' we might owe God, and some of the ways that other people become 'debtors' to us?
- In the final verse of the prayer (**v 13**) what are we praying for? Why should this be a vital part of our prayer life as we go out of prayer and into the situations awaiting us in our day?





# KEEPING OUR BALANCE

## *Prayer*

# GOING DEEPER

## PRIVILEGE

### Read Philippians 4 : 6-7

- What is one of the amazing privileges of prayer that we so easily forget to access?
- What other privileges of prayer have you experienced in recent days?

## PLACE

### Read Matthew 6 : 6; Acts 2 : 42

- Which do you find easier - prayer on your own with God, or prayer as part of a group? Why?
- What do you think is the place for each of them in the life of our church?

## POWER

### Read Ephesians 6 : 12 -20

- How do you think not praying on all occasions impacts our thoughts and our decisions?
- How can we incorporate prayer more into our week this week?

# KEEPING OUR BALANCE

## *Prayer*

**PRAY**

- Thank God for the gift of prayer.
- Ask him to strengthen your faith as you seek to interact with him as your loving Father.
- Reflect on what has struck you as you have looked at passages today and ask God to deepen your relationship with him as you allow the Scriptures to impact your prayer life.

