



Small Group Notes

Text:

Matthew 6:5-13

Title:

Abiding through prayer

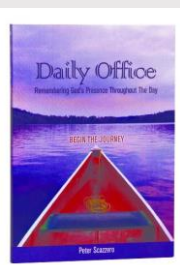
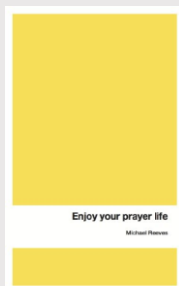
Further scriptures:

Luke 11: 1-13

Psalms 35:15

Hebrews 7:25

Romans 8:26-27



Last Sunday we began thinking about how to abide through prayer. We thought about what prayer is really about, how Jesus prayed and how He taught us to.

Reflect

1. What most impacted you from the passage or from the preach?
2. 'Prayer is primarily relational'. What do you think about that statement? Do you agree?
3. What is the significance of Jesus teaching us to pray 'our Father'? (Matt. 6:9) Why is that important?
4. What is the difference between viewing prayer as an activity before God or engagement with God?
5. Do we ever struggle to believe that God is fully attentive to our prayers? If so, why is this?

Respond

1. When it comes to abiding through prayer, what are the struggles and challenges for you?
2. What is required to address those struggles? Is it practical (a change in practice / priority) or mental / spiritual (a change in thinking / believing?).

Practice

1. Take some time in the evening to pray through the Lord's prayer together. Use the template on the Prayer Practices sheet to help you.
2. Reflect on your experience of the practice? How did you find it? What was encouraging? What was hard?
3. Adopt one of the suggested prayer practices and do it each day for a week. Then share your experiences with someone in your small group or discipleship group.

Further reading

Here are a few great books if you want to dig a little deeper:

How to pray, Pete Greig

Enjoy your prayer life, Michael Reeves

The Daily Office, Pete Scavron