START

Welcome to group session 1 of Pray like This. Ask to introduce themselves by giving quick answers to the following questions.

What’s your name, and what brought you to this group?

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What’s one word you would use to describe your prayer life?

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If you could make your prayer life different in one way, what would it be?

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Prayer is a subject that is or should be close to the core of every Christian’s walk with God. Despite that, many of us live with a sense of longing when we think about our prayer lives. We know we ought to pray, we might even desire to pray with greater fervency, yet we aren’t growing in our capacity for and joy in prayer.

In Matthew 6:9-13 Jesus taught us what we need to know about prayer. When His closest followers asked Him to teach them to pray, He answered with the Model Prayer, a text that still instructs Christ followers today in the discipline of talking and listening to God.

Over the next six weeks your group will examine this Model Prayer line by line, each week growing in your understanding and practice of prayer. Together you’ll learn from Jesus to “pray like this” (v. 9) so that you can grow in intimacy with your Heavenly Father.

Read together the text of Jesus’ Model Prayer, found in Matthew 6:9-13. Then watch video session 1.

WATCH

Through grace and faith in Christ, not only does He bring us into His kingdom; He brings us into His family, and we are now His adopted sons and daughters.

Jesus said, “I want you to do more than call Him Father. I want you to call Him Papa, Abba.”

Ultimately, what drives our worship, what drives our intimacy with God, is the sense of Him being Father.

It’s only through Christ and the gospel that we actually come into a Father-child relationship with the Lord. Father is the Christian name for God.

When you connect with God as Father, you’re looking for two things:

1. Protection

2. Provision

God is the perfect Father. That’s why we can go into the throne room through Jesus Christ and say, “Abba, Father.”

The Model Prayer starts with “our Father,” not just “my Father.” The church is a family. He’s the Father of our church, of our family.

Feelings never drive our faith. It’s the facts of the Word of God.

God is an intimate, loving, caring, long-suffering Father who desires a relationship with us.

When I start my prayer with “Father God” or “God the Father,” that reminds me that He delights in me, that He welcomes me into His family, that I’m adopted.

Once we know the Father through His Son, Jesus Christ, we can go to Him anywhere, anytime, about anything in life.

When people take prayer casually, it shows they don’t really understand the intimacy and the cost.

EBOOK AND VIDEO SESSIONS AVAILABLE AT LIFEWAY.COM/PRAYLIKETHIS

DISCUSS

The first line of Jesus’ Model Prayer reads, “Our Father in heaven ...” (Matt. 6:9).

What’s one insight in the video that challenged you?

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Why is it essential for our prayers to begin by acknowledging God as our Father?

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Is acknowledging God as your Father difficult for you? Why or why not?

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Jesus began His Model Prayer with a very intimate title for God. In doing so, Jesus reminded us that we, as Christians, have an intimate relationship with God. Yet many believers might have trouble addressing God this way because of past experiences with our earthly fathers. Acknowledging God as our Father reminds us that regardless of who our earthly fathers are or were, we have a Heavenly Father who loves, provides for, and plans good for us.

When we call God Father in prayer, what are we communicating about ourselves?

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How can remembering that we’re God’s adopted children change the way we pray?

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Read Hebrews 4:16. How does knowing that God is your Father give you confidence to approach Him in prayer?

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If God is our Father, we’re His adopted children because of the gospel. Therefore, we can come freely and boldly into His presence, knowing He won’t turn us away.

PRAY

Thank the Lord for being your Father. Ask Him to help any group members who have difficulty relating to Him as Father to accept by faith His love and care for them. [Gaines, Steve & Kelley, Michael (2017). Pray Like This - Bible Study eBook (p. 10). LifeWay Christian Resources. Retrieved from https://app.wordsearchbible.com.]