

The Follower's Prayer

Matthew 6:8-15

A follower's prayer is different than a _____.

Characteristics of authentic prayer:

1. Prayer is the enjoyment of _____.
 - It is not a _____ for people. 5
to be seen by men
 - It is not a _____ to _____. 7
babbling or many words
 - It is talking to _____. 9
Our Father!

Apply: Breaking the _____ habit.
Live and review the _____!

2. Prayer is an expression of _____.
 - We are seeking _____. 11
Give us this day...
 - We are seeking deliverance from _____. 13
Deliver us from evil.

Apply: Prayer patterns:
without _____ 1 Thessalonians 5:17
without _____ Philippians 4:6

3. Prayer is an empowering _____. 13-15
 - We are pursuing the _____ of God. 9 & 13
 - We are pursuing the realm of _____.
12, 14-15

Challenge: Don't let prayer be _____!

- In _____
- In _____ cf. 5:23-26

Practice Guide (Rather than discussion guide)

PRAYER PRACTICES: Instead of just studying or discussing prayer let's get radical and pray!?!?!?!?! **"Prayer changes things" – starting with us!** It takes intentionality but it is possible and fruitful.

- Find a quiet place that you can use consistently.
- Choose a specific time for a focused time of prayer each day.
- Use the Bible before, during, after your prayer time by reading, listening, singing, reciting it.
- Pray with other people at times. Find prayer buddies at work, in your hobby, in your neighborhood...

PRAYER PROMPTS:

We're studying the Prayer of Followers (aka *Lord's Prayer*). It's a pattern of prayer that Jesus used for mentoring. Instead of just repeating the words of this prayer we can use each phrase as a prompt for talking with our Heavenly Father. Spend 1-5 minutes on each of these aspects of prayer. (Quoted here from the New Living Translation)

PRAISE

"Our Father in heaven, may your name be honored."

Acknowledge God as your Father - Father of the whole family of God ["Our Father"], and the One who is in heaven. Praise God for who He is. Recall the Psalms and other Scriptures for other names and attributes of God.

PRIORITIES

"May your kingdom come soon. May your will be done here on earth, just as it is in heaven."

Ask the Lord to change situations and people in your life so that they will be like it is in heaven. Pray for people to be saved, for love, peace, justice, and God's will in every area of your life. Pray specifically for family, friends, co-workers, neighbors and others to come to Christ. Pray for believers to be strengthened to do God's will.

PROVISION

"Give us our food for today."

Pray for your finances, the finances of your family, the church, and other ministries. Pray especially for the need for additional finances as we add a Pastor of Family Ministries. Pray for poor & needy people here & around the world.

PEACE

"and forgive us our sins, just as we have forgiven those who have sinned against us."

Confess sin to God and ask for forgiveness.

Forgive and release those who have sinned against you.

PROTECTION

"And don't let us yield to temptation, but deliver us from the evil one."

Ask the Lord for guidance and protection.

Pray for direction, wisdom in decisions, and power to say no to sin. Be specific as you pray for victory over temptation you may face today. (You can use silent prayer for some of these in the group time.)

PRAYER JOURNAL

Many people find it helpful to write out their thoughts or prayers to the Lord. Try using this outline of the "Follower's Prayer" to help give order to your prayer life. The Psalms also provide great patterns for prayer as they cover every aspect of our lives, our emotions, our circumstances and our worship. Take one and meditate on it, then turn it into your own prayer as you follow it line-by-line! It will change you – guaranteed!

The Follower's Prayer

Matthew 6:8-15

A follower's prayer is different than a hypocrite's.

Characteristics of authentic prayer:

1. Prayer is the enjoyment of relationship.

- It is not a public display for people. 5
to be seen by men
- It is not a litany to recite. 7
babbling or many words
- It is talking to Father. 9
Our Father!

Apply: Breaking the babbling habit.

Live and review the family story!

2. Prayer is an expression of dependence.

- We are seeking daily bread. 11
Give us this day...
- We are seeking deliverance from temptation. 13
Deliver us from evil.

Apply: Prayer patterns:

without ceasing 1 Thessalonians 5:17

without worry Philippians 4:6

3. Prayer is an empowering pursuit.

13-15

- We are pursuing the kingdom of God 9 & 13
- We are pursuing the realm of forgiveness. 12, 14-15

Challenge: Don't let prayer be imprisoned!

- In selfishness
- In bitterness cf. 5:23-26