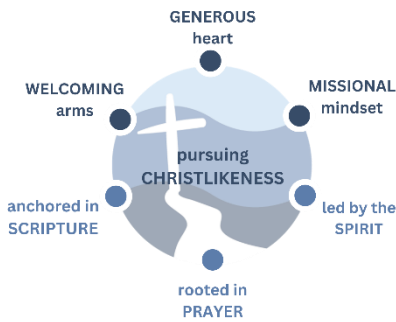


# Living our Values... Growing our Culture

## Week 3: Rooted in Prayer



### Opening questions:

- How do you find prayer at the moment?
- Where do you pray best?

### Read – Matthew 6: 5-15

### Questions:

- 1) 'Prayer is the soil where every other spiritual practice grows' discuss!
- 2) What tips does Jesus give his followers about prayer in this passage? Which do you find most helpful?
- 3) What do you think it means to pray 'Your Kingdom Come' in our churches/town/country/world?

Rather than spending lots of time discussing today, as this is Thy Kingdom Come Week, we encourage you to stop and pray together. When the disciples said to Jesus, "Teach us to pray." (Luke 11v1) Jesus' answer was "the Lord's prayer," which wasn't a liturgy to recite, as much as a template to follow when you pray.

Do take some time in your group to pray through this prayer and use it as a 'template' together.

- Put away your phones or any other distractions, and get into a comfortable, but alert position.
- Leader) Invite the Holy Spirit to come...
- Pray through the Lord's prayer, like this...

### "Our Father..."

Take a moment and think about the idea of God as your Father, with good intentions toward you. If you want, imagine God in your mind's eye. Picture his face. Make eye contact with him.

### "In heaven..."

Take a moment to think about the idea that God is all around you. As you breathe in and out, imagine yourself breathing in and out more of the Holy Spirit.

### **“Hallowed by your name...”**

Spend a few minutes just sitting with the Father in joyful, grateful, worship. You might want to sit in silence for a few moments. Or listen to a worship song. Or rattle off a list of things you're grateful for. Or praise God with specific things you want to praise Him for.

Encourage people to make their expressions of praise and gratitude out loud, one at a time. (E.g. “Father, thank you for your kindness.” “Father, thank you for loving me.”)

### **“Your kingdom come”**

Take some time together asking for God's Kingdom to Come in our church/town/community/life.

Think of specific places/mission areas to pray for and pray for specific things in those places.

Name people (your 'Pray for 5' people) who don't yet know Jesus and pray that they would encounter Jesus and come to faith.

### **“Your will be done, on earth as it is in heaven...”**

One at a time, spend time as group verbally giving to God specific things in your life that you're wrestling with control over. A simple prayer of, “Your will be done in \_\_\_\_\_,” is a great place to start.

### **“Give us each day our daily bread...”**

Spend a few minutes praying for specific needs and wants in your life or that of your community. This is also a great time to pray over specific people in the group who need something: a job, healing, wisdom to make a decision, etc. Get them in the middle of the room and pray over them.

You may like to consider splitting into groups of 2-3 and having each person share one area of need in their life. After each person has shared, pray for one another, asking God to meet that need.

### **“Forgive us our debts, as we also have forgiven our debtors...”**

Spend a few minutes in quiet asking God for forgiveness for specific areas in your life, and releasing others to forgiveness.

### **“And lead us not into temptation, but deliver us from evil.”**

Spend a few minutes praying against temptation (the word can also be translated trouble) in your life.

Pray against specific sins....

Pray against any kind of evil - spiritual evil, human evil, natural evil, etc.

Pray against bad things in your life or community, and for God's blessing - the divine flow of good things into your life and community.

**"Amen"**

(Leader) Close in a prayer of gratitude to the Father for hearing you.

## Take Home:

Some suggestions:

- Get out your calendar or diary, and set a *time* and *place* to pray that is quiet and distraction free each day in the coming week. For most, the mornings are a good time. But you might prefer an afternoon walk or evening.
- Set a modest goal - daily is ideal, but if that's too much, shoot for three times a week, for 10-15 minutes, or something that feels a little challenging, but doable.
- Use your 'Pray for 5' cards to pray for 5 people (including your young person) and 'Pray blessing' on your 3 places. Also say the Chase Team Prayer to pray for our churches.

**Extra:**

**A great podcast on prayer from Tylor Statton (well worth a listen):**

<https://open.spotify.com/episode/6iUXQYqG3KuH3CirfvNfjX?si=J1NjQoetSgyeYFJrCVCKQw&nd=1&dlsi=3fe3237f4eb04b67>