

## Spiritual Discipline: Prayer

Matthew 6:9–15 (NIV84)

<sup>9</sup>“This, then, is how you should pray:

“ ‘Our Father in heaven,  
hallowed be your name,  
<sup>10</sup> your kingdom come,  
your will be done  
on earth as it is in heaven.  
<sup>11</sup> Give us today our daily bread.  
<sup>12</sup> Forgive us our debts,  
as we also have forgiven our debtors.  
<sup>13</sup> And lead us not into temptation,  
but deliver us from the evil one.’”

1. Do you think that prayer mainly involves asking things from God? If not, what is the main function of prayer?
2. Comment on the following statements regarding whether or not we reside in an open or closed universe.
  - a. Since God is sovereign and knows everything, we should pray to align ourselves with God’s will rather than expect to change God’s predetermined plans.
  - b. Since we are “fellow workers with God” (1 Cor. 3:9), we are working with God to determine the outcome of things.
3. Why is it important to view prayer as a learning process?
4. How can we keep from being discouraged by the examples of the “giants of faith” (i.e., people like Moses, Paul, Martin Luther, John Wesley, or Mother Teresa) who pray for multiple hours a day?
5. Take a moment and reflect on the Lord’s Prayer (model prayer) above.
  - a. Share your thoughts with your K-group members (key observations, concepts, surprises, etc.).
  - b. How can we utilize the Lord’s Prayer as a model for our personal prayer times? For our corporate prayer times?
6. Take some time as a group to share different ideas and resources that have helped you to learn to pray (i.e., books on prayer, journals, autobiographies, techniques, etc.).
7. What do you hope to do this week to grow in your personal prayer life?
8. Close your K-group session with prayer using the Lord’s Prayer as a guide.

Challenge: Frank Laubach said, “I want to learn how to live so that to see someone is to pray for them.” Experiment with that approach to life for one whole day and record what you learn from the experience. (Richard Foster, *Celebration of Discipline Study Guide*, 26)