



TEACH US TO PRAY
DISCUSSION GUIDE



Conversation Starter

- What are some fun prayers you've prayed over the years? What's the funniest prayer you've heard a child say?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Luke 11:1-4 and Matthew 6:5-13, then watch Session 1.

As followers of Jesus, prayer needs to be a priority if we desire to have a growing and developing relationship with God. In order for us to connect with Him, Jesus has given us a beautiful teaching on how we should approach prayer and the attitude we should have.

- How would you describe the purpose of prayer? In your own words, describe your experiences with prayer.
- How do you usually pray? Do you have a set time? A set place? Or are you more spontaneous when you pray?
- What are some topics you spend time praying about regularly?
- Would you describe your prayer life as more structured or conversational? What value do you see in both of these forms?

What should our prayers be like? Jesus warned us of being like the

Gentiles who believed their many words would insure that the gods would hear them. Instead, Jesus invites us to follow his example and let our prayers be in simple faith, “for your Father knows what you need before you ask him.”

It's clear that Jesus depended on prayer. And if Jesus himself needed to pray, then how much more do we?

- Would you say you depend on prayer? How can we cultivate a lifestyle and dependence of prayer?

Pray it out!

This week, plan to set aside time each day for prayer. If praying is new, start with a time and place that is easy and attainable even if it’s only a couple minutes. Begin each prayer session by saying the Lord’s Prayer. Then bring your heart’s concerns to God in your own words. Simply tell God what’s on your mind then end your time by saying the prayer once more.

If you are looking for a more guided prayer, feel free to follow along the Daily Prayer Guide found on the FAC Experience App under the Resources Tab.

Praise & Prayer Points

Spend some time praying and share what God is doing in your life.



Conversation Starter

- Who is one person that has had a huge impact on your life? How so?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Matthew 6:9-13, then watch Session 2.

We have a Heavenly father, who loves each and every one of us. He has also invited us to join His family. In any relationship, it's important that a connection is established. We need to connect with God and one way we can do that is through prayer. God loves for us to call Him our Father and because of what Jesus has done on the cross, we are invited into the kingdom of God, into His family.

- Read verse 9 several times, stopping after each word or phrase. Which word or phrase stands out most prominently to you?
- What qualities are important for a good father to have, which ones seem most crucial to you? Why?

The term "immanence" speaks to the nearness of God.

- When you think about your relationship with God, how near to God are you?

- What are some ways that we can draw closer to Him?

The term “transcendence” speaks to perfection and holiness of God.

- When you think about your relationship with God, how does His perfection and holiness impact your journey?
- In what ways can you learn to trust Him and His supremacy?

In verse 9, Jesus taught us to begin prayer with a humble confidence and a holy reverence.

- What does it mean to have a humble confidence in God? What about a holy reverence? Why are both these aspects important?
- How does this verse apply to your life? What will you do about it?

Pray it out!

This week, plan to set aside five or more minutes for prayer each day. If you are having troubles, try scheduling it in your phone at a time you know you'll be free and try to be consistent. Begin each prayer session by speaking The Lord's Prayer. Then thank God for the ways He has been a loving Father to you. Be specific and share your heart with Him. Then bring your heart's concerns and struggles to Him remembering that as your Dad, He cares! Then end your time by saying the Lord's Prayer once more.

Praise & Prayer Points

Spend some time praying and share what God is doing in your life.



Conversation Starter

- What activity seems to give you life and energy?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Matthew 6:9-13, then watch Session 3.

The Kingdom of God is advancing on this earth. Jesus invites us to help build the Kingdom through prayer and action. When we pray, we learn to pray God's agenda first.

- Read verse 10 several times, stopping after each word or phrase. Which word or phrase stands out most prominently to you?
- When you think about the Kingdom of God, what comes to mind?
- Why is God's kingdom different from the kingdoms of our world?
- How does this particular phrase in the prayer seem to challenge our prayer focus?
- In what ways do you see the Kingdom of God present on earth? In what ways does it seem far away?

As followers of Jesus, God's kingdom is to be the focus in our minds. When we pray, "May Your kingdom come soon, your will be done on

earth" we are asking God to come and show His power and glory throughout our world and even in our circumstances. When we pray this, we are asking God to rescue our world from its brokenness. Focusing on God's kingdom helps our prayers to be selfless, and in line with God's will.

- What does it mean for you to pray God's will?
- How are you doing in making God's priorities our own?
- When thinking about advancing the kingdom of God, what is your part to play?

Pray it out!

Continue praying each day this week. Begin each prayer session by praying The Lord's Prayer. Then bring your praises to the Creator. Now ask God to give you eyes for the "Big Picture." Ask God if there is Kingdom building work you should be doing. Finish by bringing your personal concerns to the Father. Though he knows the Big Picture, he still cares deeply about your concerns. Then end your time by saying the Lord's Prayer once more.

Praise & Prayer Points

Spend some time praying and share what God is doing in your life.



Conversation Starter

- White or brown bread? What toppings do you use to make your favourite sandwich?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Matthew 6:9-13, then watch Session 4.

- What are some of the more significant meals you share with those you love in a given year? What makes these meals special and memorable?

God the Father provides for our needs each and every day. We can trust Him to provide. As followers of Jesus, we are to rely on God for all of our needs both physically and spiritually. Jesus is asking God to help him, to sustain him for the day. That's exactly how we should live as followers of Jesus. Relying on God each and every day.

- Read verse 11 several times, stopping after each word or phrase. Which word or phrase stands out most prominently to you?

This request for daily bread is the first personal request of the Lord's Prayer.

- What other needs do you think “bread” could represent?
- Why do you think Jesus chose to use the word “bread” here, instead of the word “needs”? How about the word “daily”? What does it add to this phrase?

We need to ask God for what we want and need and then trust Him for the answer.

- What do you make of the idea that this request is stated more as an instruction than as a request?
- Would you describe yourself as a worrier? What do you tend to worry over? Read Luke 12:22-31 and Philippians 4:19 and discuss how you can begin to trust God with all your needs.

Pray it out!

Continue praying each day this week. Begin each prayer session by praying The Lord’s Prayer. Then thank God for the many ways He has provided for your needs, whether it be physically, emotionally, or spiritually. Be intentional about praying over the food you receive from God this week. Consider how you can help further God’s Kingdom by sharing “bread” with those in need. Then end your time by saying the Lord’s Prayer once more.

Praise & Prayer Points

Spend some time praying and share what God is doing in your life.



- **Conversation Starter**

When was the last time you had fun? What did you do?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Matthew 6:9-13, then watch Session 5.

Forgiveness can be great healing for both the receiver and the giver. It is also a pre-requisite for spiritual forgiveness. As followers of Jesus, we need to get our heart right with God and with the people around us.

- Read verse 12 several times, stopping after each word or phrase. Which word or phrase stands out most prominently to you?
- Have you experienced physical symptoms due to a lack of forgiveness? How has forgiveness or lack of forgiveness affected your spiritual walk?
- Can forgiveness and justice work together in a given situation? How?

Together read Matthew 6:14-15.

- What is the relationship between our forgiveness of others and God's forgiveness of us? Does this frighten or comfort you?
- Is there anyone you need to forgive who you cannot go to? Can you still forgive them? Is there someone you need to forgive and pray for?

Sometimes the hardest person to forgive is ourselves. God promises to forgive us our sins, yet we so often languish in guilt and shame. The beauty in the cross is that we can live in grace, completely forgiven of our sins, past present, and future. No more shame, no more guilt, and that's the truth.

- Why is confession to God important? Given that He already knows our sins, why is it so difficult for us? When you truly accept His forgiveness and learn to forgive others, what walls do you begin to tear down?

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind. Forgive anyone who has offended you in any way and learn to live in this freedom.

Pray it out!

Continue praying each day this week, but plan for a longer prayer time. Begin each prayer session by praying The Lord's Prayer. Then proceed to a time of praising God. After this, move into a time of confession. Talk to God about those things you need to be forgiven of. Ask the Holy Spirit to reveal to you who you need to forgive or ask for forgiveness from. Remember, you aren't surprising Him, you're simply recognizing your need of forgiveness and accepting that forgiveness. Then ask God to help you forgive others as needed. Pray a blessing on those who have offended or hurt you. Finally, bring to God the various other concerns that are on your heart this week. Then end your time by saying the Lord's Prayer once more.

Praise & Prayer Points

Spend some time praying and share what God is doing in your life.



Conversation Starter

- What is your favourite sport to play? To watch?

Digging Deeper

- What stood out to you the most from this past weekend service?

Together, open your Bibles and read from Matthew 6:9-13, then watch Session 6.

As followers of Jesus, we pray against the devil and ask God to “deliver us from the evil one.” Jesus invites us to pray for deliverance, for protection, and he himself prayed for us that we would have victory. God is with us, even in and through our most difficult trials. The fact is we all go through times when our faith is tested and stretched. We all go through times when God can seem very distant or extra close, and our response can make all the difference.

- Read verse 13 several times, stopping after each word or phrase. Which word or phrase stands out most prominently to you?
- How are the words like “temptation” and “trial” related in regard to this phrase in the prayer?
- How can these trials bring you opportunities for special

nourishment and even growth as a follower of Jesus?

- How do Jesus' personal experiences with temptation bring comfort? Can we have victory over temptation as He did? What can we learn from Jesus' example? (See Matthew 4:1-11)

Together read Ephesians 6:10-20.

- How does prayer fit into the spiritual battle that we are facing each and every day?
- What evidence do you see of a battle in your life? Our church? Your community? In Canada? What does it mean for you to "stand firm" in these places?
- What does it mean to "pray in the Spirit on all occasions"? How can we learn to live in continual prayer?

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word. Let's learn to live in constant prayer trusting God in all ways.

Pray it out!

Continue praying each day this week. Begin each prayer session by praying The Lord's Prayer. Spend time on each verse of the Lord's Prayer: praise, seeking God's kingdom, confession, forgiveness, and sharing your needs and the needs of others. Take time to recognize God as the One who wants to be with you each and every day. Then end your time by saying the Lord's Prayer once more.

If you are looking to continue your daily prayer routine, feel free to follow along the Daily Prayer Guide found on the FAC Experience App under the Resources Tab.

Praise & Prayer Points

Spend some time praying and share what God is doing in your life.



12345 40 Street SE Calgary, Alberta
faccalgary.com | [@faccalgary](https://twitter.com/faccalgary)