

Session Three

THE PATTERN FOR PRAYER (PART ONE)

CHECKING IN:

Would anyone like to share your response to the “The Ephesians 3:20 Exercise” or an insight from your Daily Prayer Journal that especially stood out to you this week?

KEY VERSE

*“Give thanks to the Lord for his unfailing love and his wonderful deeds for us.”
Psalm 107:15 (NIV)*

VIDEO #1: Watch the video lesson now and follow along in your outline (below). *Note: be sure to load the video on your computer prior to watching it in your group. Sometimes it takes some time to load it.*

VIDEO NOTES:

Jesus didn’t say, “This is what you should pray.” He said, “This is how you should pray.” The Lord’s Prayer is not a magic spell or incantation. Instead, the Lord’s Prayer is a pattern for prayer.

“Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory forever. Amen.”

The Lord’s Prayer is a ten-step pathway that will lead you to a deeper, closer relationship with God.

Step 1: I remember _____

The Prayer of Connection – *“Our Father in heaven.”*

God’s love is long enough to last forever, wide enough to embrace everything about you, deep enough to pull you out of your deepest despair, and high enough to overlook every offense.

Step 2: I tell God _____

The Prayer of Refocusing – *“Hallowed be your name.”*

God’s names tell us who he is. He is your Creator who made you, your Father who loves you, and your Savior who forgives you. He is your Shepherd who guides you, and

your Shield who hides you. He is your Counselor who gives you wisdom, and your Comforter who gives you strength. He is the best friend you will ever have.

Step 3: I offer my life _____

The Prayer of Cooperation – *“Your kingdom come.”*

Even when you can’t make sense of the troubles you’re going through, you can be confident that God is watching out for you and is working everything out for your good.

Living for God’s purposes isn’t a one-time decision. It is a daily attitude of your heart.

Step 4: I give God _____

The Prayer of Surrender – *“Your will be done on earth as it is in heaven.”*

That’s the prayer Jesus prayed on his way to the cross. In his hour of deepest suffering, he prayed the Prayer of Surrender. He gave God his pain and sorrow, and he surrendered to the will of God.

Step 5: I trust God _____

The Prayer of Dependence – *“Give us this day our daily bread.”*

Now that you have told your heavenly Father you love him, and you have surrendered to his will, bring him your prayer requests. He cares about everything that’s on your mind. Tell him about the challenges you are facing today, the needs that you have, and the fears and worries that are nagging you.

Jesus teaches us to ask for daily bread because God wants you to depend on him one day at a time.

DISCOVERY QUESTIONS:

Choose the questions that are right for your group and take time to let God work in your lives.

- Prayer starts with who God is; it doesn’t start with what you need. Why do you think Jesus taught us to praise God (hallowed by your name) and to surrender to God (your kingdom come, your will be done) before we make our requests to God?**

- **Here are some names of God: Creator, Father, Savior, Shepherd, Shield, Counselor, Comforter, and Friend. Which name reminds you most of God’s presence in your life or resonates with you in your current circumstance?**
- **(Have group members answer the A or B question) A. Of the 5 Steps you learned today, which step or steps come more easily to you? B. Which step or steps are growth areas for you and how do you think using that step would change your life?**
- **The Lord’s Prayer teaches us to ask God for our daily bread, our daily needs. Share a story of how God has provided for you.**

PUTTING IT INTO PRACTICE:

Be doers of the Word by applying the things you are learning.

IN YOUR GROUP—PRAY TOGETHER

Before you begin praying as a group, share your individual prayer requests based on what stood out to you as an area of growth in this session. Now pray as a group. Remember to start with praise, then surrender your will to God’s will, and then make your requests.

IN YOUR LIFE: GRATITUDE LIST

This week start your daily prayer time with praise and worship. Notice what happens in your prayer life. Turn to the “Gratitude List: God’s Goodness to Me from A-Z” on page 178. Fill out a few things you are grateful for today. You don’t need to complete the list; just simply get started. God loves when we come to him with an attitude of gratitude.

This list can also be found in the Small Group Resources section of the 40 Days of Pray web page.

DAILY PRAYER JOURNAL: For those who have the 40 DOP Study Guide.