

Small Group Discussion Guide
Session Four
THE PATTERN FOR PRAYER (Part Two)

CHECKING IN:

Does anyone want to share one or two items from your Gratitude List?

KEY VERSE

“Not to us, O Lord, not to us but to your name be the glory; because of your love and faithfulness.” PSALM 115:1 (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:

Step 6: I admit _____.

The Prayer of Cleansing – *“Forgive us our sins.”*

God promises that if you will confess your sins to him, he will forgive you instantly, freely, completely, and permanently.

I John 1:9; Psalm 32:1-5

Step 7: I release _____.

The Prayer of Release – *“...as we forgive those who sin against us.”*

Forgiveness isn't about fairness. Forgiveness is about grace. The first key to learning how to forgive others is to remember how much you have been forgiven.

You will never have to forgive anyone more than God has already forgiven you.

When you are hurt, you have only two options: You can either relive it or release it. Reliving the hurt only perpetuates the pain. But releasing the hurt is the path to inner peace.

Step 8: I ask God _____.

The Prayer of Protection – *“Lead us not into temptation.”*

Temptation is not always about doing the wrong thing. Temptation is also about *not* doing the right thing.

Step 9: I depend _____.

The Prayer of Deliverance – *“Deliver us from evil.”*

Step 10: I praise God _____.

The Prayer of Victory – *“Yours is the kingdom and the power and the glory forever. Amen.”*

The Lord’s Prayer ends where it begins – with the glory of God. Jesus is teaching us that the ultimate aim of our prayers is that God will be glorified, no matter the outcome. The purpose for prayer is not to conform God to my way of seeing things: the purpose for prayer is to conform me to the kingdom, power and the glory of God.

DISCOVERY QUESTIONS:

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

- Read the verses under step six above. Why does God want us to confess our sins to him?**
- “Forgiveness isn’t about fairness; forgiveness is about grace. You will never have to forgive anyone more than God has forgiven you.” Where would you be without God’s grace? How does this truth encourage you to be more forgiving?**
- (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 goal of our prayers is to glorify God. What does it mean to glorify something or someone? Share some of the ways you can do this in your daily prayer life.**

PUTTING IT INTO PRACTICE:

Be doers of the Word by applying the things you are learning. If your group is men and women, consider breaking into subgroups by gender this week during your prayer time. Your call. This can encourage openness and can be especially helpful during this section as you share prayer requests and talk about the practice of forgiveness.

IN YOUR GROUP—PRAYING 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: admit my faults, release others, guard my heart, depend on God's power, and praise God.

If your group seems open to this, you could use the A Prayer of Forgiveness prayer tool and lead your group through it. You would read it aloud and people could fill in the names silently as you pray through the prayer.

IN YOUR LIFE: PRAYER OF FORGIVENESS & TOOLS FOR TEMPTATION

If you feel bitterness, anger, or other negative emotions toward anyone, turn to "A Prayer of Forgiveness" on page 182 of this study guide. Use this prayer as a model to help you let go of unforgiveness. If the memory comes back and you struggle with unforgiveness again, repeat this prayer as often as necessary. Trust God every day to give you this power to forgive.

If you need help in your struggle with temptation, read "Seven Steps to Escape Temptation" on page 183.

The Prayer of Forgiveness and the Seven Steps to Escape Temptation are also found on the Crossroads 40 DOP web page. Click on the Prayer Resources button.

DAILY PRAYER JOURNAL: For those who have the 40 DOP Study Guide. Encourage your group members to read the daily verse and do the reflection questions.