

WEEK 8: How Do I Pray?

Memory Verses: Matthew 6:9-13 (CSB)

"Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one."

DISCUSSION QUESTIONS:

SINGLES

1. As a single individual, how can you deepen your prayer life and find solace in the Lord's prayer as a guide?
2. In a world that often emphasizes companionship, how can being single be an opportunity for a unique and intimate connection with God?
3. How can the Lord's prayer in Matthew 6:9-13 help you navigate challenges and uncertainties in your life?

SINGLE PARENT

1. How does the concept of God as a loving Father in Matthew 6:9-13 bring comfort and guidance to you as a single parent?
2. In what practical ways can you incorporate the principles of the Lord's prayer into their daily routines and parenting decisions?
3. How can the church community provide support and encouragement to you based on the teachings of Matthew 6:9-13?

TEENS

1. On a scale of 1-10, how would you rate your prayer life? Why is it so low/high?
2. Who helped teach you how to pray? How does this prayer help you pray?
3. What have you found is the most difficult thing about praying?

YOUNG ADULT

1. How does the opening phrase "Our Father in heaven" shape your understanding of God in Matthew 6:9?
2. In what practical ways can you actively seek God's kingdom on earth, as suggested in the prayer?
3. How can you establish a consistent and meaningful prayer life, drawing inspiration from the Lord's prayer in Matthew 6:9-13?

MARRIED COUPLES

1. Reflect on the line “Lead us not into temptation.” How does it speak to your reliance on God’s guidance in making decisions?
2. In what ways can you incorporate the principles of forgiveness and dependence on God found in Matthew 6:9-13 into your daily married life?
3. What significance do you find in the use of the word “hallowed” in the prayer?

FAMILY

1. How can your family use the Lord’s prayer as a model for collective and individual prayer within the household?
2. When you read the words daily bread in this prayer, how does that help you as a family develop an attitude of gratitude?
3. What does your family typically do when someone needs to forgive someone else? How can you do that in a more healthy way?

WIDOWED

1. Reflect on the phrase “but deliver us from evil.” How does this request reflect your reliance on God’s protection?
2. In this season of your life, in what practical ways can you actively seek God’s kingdom on earth, as suggested in the prayer?
3. How does the prayer’s structure of acknowledging God’s forgiveness impact your own approach to forgiving others?

GEM PARENTS

1. Reflect on the line “Lead us not into temptation.” How does it speak to your reliance on God’s guidance in making decisions about your child?
2. Why did Jesus give us a specific prayer (the Lord’s Prayer) as a model for our prayers?
3. How can you incorporate the elements of the Lord’s Prayer into your prayers with your child?

NEWLYWEDS

1. Share personal stories of answered prayers and how prayer has played a role in shaping your faith before getting married.
2. How is your prayer life together as a couple? What can you do to improve it?
3. Write down three specific prayers that you will commit to praying over your spouse for the next 30 days.

EMPTY NESTERS

1. Why did Jesus give us a specific prayer (the Lord’s Prayer) as a model for our prayers?
2. In the absence of children in the household, how can you deepen your personal and shared prayer life using Matthew 6:9-13?
3. How can the church community provide meaningful fellowship and support for you, considering the principles of the Lord’s prayer?

DIVORCED

1. Reflect on the phrase “For Yours is the kingdom, the power, and the glory forever.” How can this recognition impact your perspective on life’s challenges?
2. How does the Lord’s Prayer guide your attitude towards those who may have wronged you?
3. How can you incorporate the themes of submission and surrender in your prayers, considering the line “Your will be done on earth as it is in heaven”?

GOLDEN SAINTS

1. As a Golden Saint, reflecting on your life journey, how can the principles of the Lord’s prayer bring fulfillment and purpose in your later years?
2. In the face of aging and potential challenges, how can the Lord’s prayer provide comfort and assurance for you?
3. How does the acknowledgment of God’s eternal kingdom in the closing of the prayer shape your perspective on life’s transient challenges?