

### Connection

What is your one of your earliest memories of prayer?

### Content -

**Prayer is when we pick a moment to connect with God, to be brutally honest, be highly regarded, accurately heard, constantly reassured, and adequately filled.**

What resonates with you in this description of prayer?

**1.** Matthew 6:8-13 is the Lord's Prayer, and perhaps is one of scriptures most memorized verses, even for those who are not Christians. Have you memorized this passage of scripture before, and what was your motivation in doing so?

### **Relationship: "Our Father"**

**2.** The first two words of the Lord's Prayer are "Our Father," as Jesus is teaching us to call on the Father when we pray. Why do we need to remember our relationship to the Father when we pray? Look to Isaiah 64:8 for more on this.

### **Real Estate: "In Heaven"**

**3.** When we pray we need to remember our Father is "in heaven." Heaven is the ultimate place of authority, and we will go before God's throne one day. Read Psalm 115:1-3 & 15-16, and now ask yourself, what is Heaven?

## **Praise: “Hallowed Be Your Name”**

4. Psalm 103:1 tells us to praise the Lord with all that we are, to “hallow” his name. Why is this significant to remember to do in our time of prayer?

## **Declaration: “Your Kingdom Come”**

5. When we pray, we are declaring to God we are his; we are praying for his Kingdom to come; we are declaring our love for him. What else are we declaring when we pray to the Lord? Look to Matthew 16:18 or Joshua 24:15 for other examples of declarations we can declare from scripture. What are some other truths you personally declare as you are praying?

## **Surrender: “Not My Will But Yours Be Done”**

6. Surrender is asking God not for what you wish to be done, but for his will to be done. Proverbs 3:5-6 reminds us to not depend on our own understanding but to trust in the Lord. Is there something you are currently praying about where it is difficult to trust God’s will? If so, describe.

## **Commitment**

7. When we surrender to our Father in our prayer, we need to understand that, as Psalm 62:5 says, “Let all that I am wait quietly before God, for my hope is in him.”

How this week can you practice waiting quietly before God and submitting your prayers to his will?