



P-R-A-Y Ask

PERSONAL PREPARATION BEFORE THE GROUP MEETS

Thought starter

As you think back over the past week, what requests did you make of the Lord? How would you assess that list?

Read Mathew 6:5-13

1. What does Jesus teach us about prayer in vv5-8? Which of these lessons do you most need to heed?

2. How do you respond to the opening of Jesus' prayer , "Our Father in heaven"?

3. Complete the table:-

The model request	In your own words...
hallowed be your name,	
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 lead us not into temptation,	
but deliver us from the evil one	

4. What important lessons about asking God do you need learn from this model prayer of Jesus?

WHEN THE GROUP MEETS

Discussion starter

* Discuss this statement:- *"In our prayers, we should praise & thank God, more than we should ask him for things."*

* Share with each other your insights from your preparation in **Matthew 6**? What did you learn about praying? What did you learn about asking?

Read Luke 18:1-8

* How does this parable of Jesus encourage us to always pray and not give up?

* Share with one another what helps you to persist in asking God.

Read Ephesians 3:20-21

* How do these verses encourage us in our Asking?

Read Philippians 4:4-7

* How do these verses help connect Pausing, Rejoicing and Asking?

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\* Discuss this quote:- *"It is by asking more for lesser things that we rediscover how to live with the wide-eyed wonder of children. By filling our days with tiny prayers, we relinquish our sense of entitlement and receive each detail as a blessing, each coincidence as a minor miracle, training our neural pathways to 'rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus'.<sup>1</sup>*

\* Share with one another how you develop a rhythm of Asking the Lord in your life.

*Pray in response to the teaching of God's Spirit from his Word and from the encouragement of your brother & sisters..*

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<sup>1</sup> Greig, Pete. How to Pray: A Simple Guide for Normal People (p. 83). John Murray Press. Kindle Edition. "