

A banner with a dark teal background and a lighter teal rectangular area in the center. The words "PRAYER" and "SUNDAY" are written in a bold, orange, sans-serif font, stacked vertically. The banner is set against a background of a landscape with mountains and a cloudy sky.

PRAYER SUNDAY

Discussion Guide

Adam Bowers | 6/12/2022 | Matthew 6:9-13

1. How has your prayer life been lately? How often do you pray? Does it feel stale and routine or fresh and vital (or somewhere in between)?
2. Adam shared a prayer template based on the Lord's Prayer - the 4 Rs of Reverence, Response, Requests, and Readiness. Which of these do you currently spend the most time on? Is there one R that you feel you should give more time to?

Pray like this: Our Father in heaven, may your name be kept holy.

Matthew 6:9

3. We need to pray with **reverence**. God is infinite, immutable, omnipotent, just, merciful, etc. How often do you think about the characteristics of God? How do you feel when you think about God?

May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Matthew 6:10

4. Our **response** to God is important. Is there an area in your life where you need to surrender your will to his? What would it look like for you to do that?

Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us.

Matthew 6:11-12

5. Our **requests** can often fill the majority of our prayer time. What are you praying for right now? What is a prayer request that you've seen answered recently?

And don't let us yield to temptation, but rescue us from the evil one.

Matthew 6:13

6. Spiritual warfare is a real and present danger, and we need to get **ready** by putting on the armor of God. Talk about the armor of God (Ephesians 6:10-18) with your group. Why do you think that the items are listed in the order that they are? Does one item strike you as more important than others? Why or why not?
7. Pray together out loud with your group following the 4 Rs.