

If my people pray

How to Pray Matthew 6:5-13 Message Reflection Guide

A woman who prepared meals for hungry farm workers during the harvest season would watch them consume every bit of food on the table. Then she'd say, "Good. I fixed just the right amount."

Many of us struggle to feel that way about the resources entrusted to us. At the end of a meal or the end of a month, do we really believe that God has given us enough? When we pray, "Give us this day our daily bread" (Matthew 6:11), how much do we expect God to supply? As much as we want? Or as much as we need?

In Jesus' teaching on prayer, He said: "Your Father knows the things you have need of before you ask Him. Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'" (Matthew 6:8,31). As the Lord supplies our needs, perhaps we should see His provision from a new perspective and determine to express our thanks by saying, "Father, You gave me just the right amount."

Conversation Starter

Can you remember the first time you prayed? Where were you and what was happening?

Getting Into The Scriptures

Read aloud Matthew 6:5-13.

Pastor Jason said "Through the Lord's Prayer Jesus shows us that our heart is more important than our words." How comfortable do you feel praying out loud in public?

Prayer is not a show. Jesus called the religious leaders who prayed out loud in public hypocrites. Why was it wrong for them to pray in that manner?

Prayer is about dependence. In what ways are you an independent person? What areas of your life do you need to surrender to God and depend on Him more?

Prayer should reflect your heart aligning with God's heart. How have you seen yourself grow recently and become more aligned with God's heart? How do you catch your heart wandering after things which would not please God?

Making It Real

What words would you use to describe your prayer life? What do you think it will take for your prayer life to be described as consistent and dynamic?