

SESSION 3

THE PATTERN FOR PRAYER (Part 1)

CHECKING IN

Would anyone like to share their response to the Ephesians 3:20 Exercise or an insight from your Daily Prayer Journal that especially stood out to you this week?

KEY VERSE

Give thanks to the Lord for his unfailing love and his wonderful deeds for men.
Psalm 107:15 NIV

_____ Watch the video lesson now and follow along in your outline. _____

"This, then, is how you should pray." Matthew 6:9 NIV

Jesus didn't say, "This is *what* you should pray." He said, "This is *how* you should pray." The Lord's Prayer is not a magic spell or incantation. Instead, the Lord's Prayer is a pattern for prayer.

*"Our Father in heaven, hallowed be your name. Your kingdom come.
Your will be done on earth as it is in heaven. Give us this day our daily bread.
And forgive us our sins, as we forgive those who sin against us.
And lead us not into temptation, but deliver us from evil.
For yours is the kingdom and the power and the glory forever. Amen."*
Matthew 6:9–13

The Lord's Prayer is a ten-step pathway that will lead you to a deeper, closer relationship with God.

STEP 1: I remember _____.

The Prayer of Connection: *"Our Father in heaven."*

May your roots go down deep into the soil of God's marvelous love; and may you be able to feel and understand, as all God's children should, how long, how wide, how deep, and how high his love really is; and to experience this love for yourselves, though it is so great that you will never see the end of it or fully know or understand it.
Ephesians 3:17–19 TLB

God's love is long enough to last forever, wide enough to embrace everything about you, deep enough to pull you out of your deepest despair, and high enough to overlook every offense.

STEP 2: I tell God _____.

The Prayer of Refocusing: *"Hallowed be your name."*

God's names tell us who He is. He is your Creator who made you, your Father who loves you, and your Savior who forgives you. He is your Shepherd who guides you, and your Shield who hides you. He is your Counselor who gives you wisdom, and your Comforter who gives you strength. He is the best Friend you will ever have.

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Psalm 107:15 NIV

STEP 3: I offer my life _____.

The Prayer of Cooperation: *"Your kingdom come."*

"I know the plans I have for you . . . plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11(NIV)

Even when you can't make sense of the troubles you're going through, you can be confident that God is watching out for you and is working everything out for your good. We know that all that happens to us is working for our good if we love God and are fitting into his plans. Romans 8:28 TLB

Living for God's purposes isn't a one-time decision. It has to be a daily attitude of your heart.

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.
Romans 12:1 MSG

STEP 4: I give God _____.

The Prayer of Surrender: *"Your will be done on earth as it is in heaven."*

"Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." Mark 14:36 NIV

That's the prayer Jesus prayed on His way to the cross. In His hour of deepest suffering, He prayed the Prayer of Surrender. He gave God his pain and sorrow, and He surrendered to the will of God.

STEP 5: I trust God _____.

The Prayer of Dependence: *"Give us this day our daily bread."*

Now that you have told your heavenly Father you love him, and you have surrendered to his will, bring him your prayer requests. He cares about everything that's on your mind. Tell him about the challenges you are facing today, the needs that you have, and the fears and worries that are nagging you.'

My God will meet all your needs. Philippians 4:19 NIV

Jesus teaches us to ask for daily bread because God wants you to depend on Him one day at a time.

"Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34 NIV

Discovery Questions

Choose the questions that are right for your group, and take time to let God work in your lives.

- Prayer starts with who God is; it doesn't start with what you need. Why do you think Jesus taught us to praise God (hallowed be your name) and to surrender to God (your kingdom come, your will be done) before we make our requests to God?

- Here are some of the names of God: Creator, Father, Savior, Shepherd, Shield, Counselor, Comforter, and Friend. Which name reminds you most of God's presence in your life or resonates with you in your current circumstance?

- The Lord's Prayer teaches us to ask God for our daily bread. Share a story of how God has provided for you.

Putting It into Practice

Be doers of the Word by applying the things you are learning.

In Your Group – Pray together.

Before you begin praying as a group, share your individual prayer requests based on what stood out to you as an area of growth in this session. Now pray as a group. Remember to start with praise, then surrender your will to God's will, and then make your requests.

In Your Life – Gratitude List

This week start your daily prayer time with praise and worship. Notice what happens in your prayer life. Turn to the Gratitude List: God's Goodness to Me from A–Z on page 84. Fill out a few things you are grateful for today. You don't need to complete the list; just simply get started. God loves when we come to him with an attitude of gratitude.

Daily Prayer Journal

Starting on page 38 you will find Bible verses and daily prayer journal prompts for The Pattern for Prayer (Part 1). Take a few minutes every day to read each verse several times, slowly. Emphasize a different word or phrase each time you read the passage. Underline key words or phrases that are especially meaningful to you. Follow the prompts and write down your responses in the journal space provided. Finish with a prayer.

Daily Prayer Journal

DAILY PRAYER JOURNAL

Day 15

"Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory forever. Amen."

Matthew 6:9–13

What did you hear?

What did God say to you as you read today's Bible passage?

What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

DAILY PRAYER JOURNAL

Day 16

May your roots go down deep into the soil of God's marvelous love; and may you be able to feel and understand, as all God's children should, how long, how wide, how deep, and how high his love really is; and to experience this love for yourselves, though it is so great that you will never see the end of it or fully know or understand it.

Ephesians 3:17-19 TLB

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DAILY PRAYER JOURNAL

Day 17

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Psalm 107:15 NIV

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DAILY PRAYER JOURNAL

Day 18

We know that all that happens to us is working for our good if we love God and are fitting into his plans. Romans 8:28 TLB

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Day 19

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Romans 12:1 MSG

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DAILY PRAYER JOURNAL

Day 20

"Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will." Mark 14:36 NIV

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DAILY PRAYER JOURNAL

Day 21

*"Do not worry about tomorrow, for tomorrow will worry about itself.
Each day has enough trouble of its own."* Matthew 6:34 NIV

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