

HOW to pray

Part 1. God's Goodness

Watch the [Summary Video](#) together with its explanation of the Centering Prayer. Then read the Lord's Prayer together - Matthew 6.9-13

You might also want to open up the [MetroMentoring.org](#) Prayer course and check out the **Week 1** notes.

Let's start off by being realistic about our current experience of prayer.

- What's happened with your prayer life in the last 12 months - got stronger, got weaker, stayed the same?
- What's the biggest obstacle for you in having a fulfilling prayer life?
- How would you like your prayer life to grow and develop over this next year? What would that look like for you?
- What one thing could you do this year to take your prayer life to the next level?

Philip explained that the Lord's Prayer is a template, walking us through 5 basic disciplines of prayer - adoration, intercession, petition, confession and surrender.

- Have you ever used the Lord's Prayer as a template for your own prayer life? What's your experience been?
- Jesus instructs us to start our prayers by focusing in on God's Goodness. Why is it so key to lean in to God's nature and character before praying for anything else?
- How easy do you find it to experience the 'heavenly' dimension in prayer? Does prayer ever feel like a spiritual encounter for you?
- We're all different, so different things will help us to pray. What would be the best way for you to pray a 'centering prayer' - writing something down, speaking something out, listening to worship, meditating in silence, reading some Scripture, walking in nature?

BIG IDEA: How we start a time of prayer is key. Pressing in to the nature and character of God, and creating space to interact with heaven, helps bring us into God's intimate presence.

Guide people to the **mentoring app**, if they're not already registered ([metromentoring.org](#)). Make sure people can find the Prayer Course on the Dashboard page. Offer it as a resource for people to use and refer back to.

Encourage people to share in groups of 2 or 3 what they plan to do with prayer over this next week. Set some goals but be realistic. It's better to start off small, rather than trying something too ambitious and getting disappointed. Pray for one another, for intimacy in prayer and a new experience of God's presence.