



1. How to Pray

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read Luke 11.1-13

2 He said to them, 'When you pray, say:

*"Father, hallowed be your name, your kingdom come. **3** Give us each day our daily bread. **4** Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."*

- The disciples were motivated to learn how to pray when they saw Jesus in prayer. What motivates you to develop in prayer, and why?
- What are the biggest obstacles you face in establishing a vibrant and energising prayer life?
- Do you find the idea of the Lord's Prayer as a 'Pattern Prayer' helpful? How could it change the way you pray?
- Consider the 4 basic sections of the prayer in turn – Father God; His Kingdom; My Needs; My Wholeness. In which sections do you feel strong, and in which sections might you be weak? How could working through these patterns impact your prayer life?
- Philip challenged us to spend a couple of weeks consciously giving more time, energy and attention to prayer, and then see if we noticed a difference. Is this is a challenge you could take up? If yes, what will that look like in practice?

Big Idea: 'Disciples of Jesus learn to pray through this pattern: Father God and His Kingdom first, then my needs and my wholeness in turn.'

Split into groups of four (if you can) and take it in turns to pray through the Prayer Sections Jesus gave us. The first person prays thanking God for being a Father and for being holy. The second person prays for God's Kingdom to come in some specific areas of their life and world. The third person prays for their own practical needs and the needs of the group. The last person prays for issues of wholeness, protection from temptation and forgiveness.

Then swap the order around and pray through the whole process again. Repeat a few times, ideally until everyone has prayed through each section.

Finally, discuss what events and activities you can engage in as a group as part of **PrayerWeek** (www.woodlandchurch.net/prayer)