

THE LORD'S PRAYER: JESUS TEACHES US HOW TO PRAY

Matthew 6:5-14

Matthew 7:7-12

Awareness

Before listening, reflect:

- How would you describe the current state of your prayer life?
- Is there anything you wish someone had taught you about prayer? Or do you have any questions about prayer?

Jesus prayed often. As Christians, we know we are supposed to pray, but a habit of prayer doesn't always come easily to us. It's not uncommon for people to experience anxiety about prayer: about praying in public, about doing it wrong, about feeling unworthy, or even feeling like God is not listening. Yet we are both commanded and called to pray. Prayer is how we communicate with God and it is profoundly important for nurturing an intimate relationship with him. Studying Jesus' teaching on prayer and the Lord's Prayer specifically helps us better understand why, how, and what we should pray so that, like Jesus, we can have a healthy prayer life and an intimate relationship with God.

Listen: [*The Lord's Prayer: Jesus Teaches Us How to Pray*](#)

Reflection

After listening, consider:

- As you listened to segment 1, what did you learn or what new perspective did you gain about public prayer? What struck you as valuable as you think about praying in public, whether that is simply praying out loud with your family or leading a corporate prayer like in a worship service?
- Have you ever thought about prayer as being a unifying act, as host Darrell Delaney discusses in segment 1? What about when there is disagreement in a body of believers? How might a prayer leader avoid using prayer to make announcements or advance agendas and maintain its unifying nature?
- In segment 2, Darrell and host Scott Hoezee study the Lord's Prayer, the prayer Jesus taught his disciples in Matthew 6:9-13, and observe that it is both a prayer we can recite and a prayer that serves as a model for all our other prayers. As they examined each line of the prayer and discussed its meaning, did you experience any "ah-ha!" moments or new perspectives? Did you hear any rich reminders that you intend to incorporate more regularly into your own prayers?
- In Matthew 7:7-12 Jesus urges believers to "ask, seek, knock" and in segment 3, Scott and Darrell explain that in this text, Jesus is not promising that God will grant everything we ever ask for (that would be out of alignment with the rest of Scripture). Rather Jesus is encouraging believers to faithfully participate in a relationship with God through prayer and to *keep praying* because God will hear us and will give us what is good. How does this encourage you in your prayer life today?

Related Passages

- **Luke 11:1-13**
- **1 John 5:13-15**
- **Luke 18:1-8**
- **Matthew 22:34-40**
- **Mark 12:28-34**

Conclusion

As you've studied Jesus' teaching on prayer, where did you sense the pull to dig deeper? Follow the Holy Spirit's promptings. Spend more time thinking about that aspect of prayer. Consider the following possible places to start:

- Study additional Scripture passages on this aspect of prayer (You might find useful ReFrame Ministries' [Prayer Resources](#) page useful. There you'll find many articles about prayer, like [Praying through Scripture](#) and [Spiritual Discipline: Creating a Habit of Prayer](#), to encourage your faith and aid your study).
- Write a prayer that models the form of the Lord's prayer, but also incorporates specifics from your own life.
- Pray as a group.
- Pray individually.

Whatever you do, hear Jesus encouraging you to keep praying and stay deep in relationship with God.

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