

The Lord's Prayer: Jesus Teaches Us How to Pray

Prayer is an important spiritual discipline. God desires to cultivate and develop an intimate relationship with us and prayer is vital to this process. Prayer is simple and yet many of us find it challenging to pray. Both new and lifelong Christians alike may question whether they're doing it right, they may feel like they're not good at it, or they may experience seasons in which it feels like God is not listening. Thankfully, in his Sermon on the Mount, Jesus teaches his disciples, and us, how to pray. Turns out, a good prayer has more to do with the right motivations and a right heart than it does with the right words. Join us as we learn to pray like Jesus by studying his teaching about prayer and the prayer we now call The Lord's Prayer so that we can better nurture this spiritual habit and cultivate a healthy relationship and strong communication with our God.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- 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?



LISTEN TO THE EPISODE: [The Lord's Prayer: Jesus Teaches Us How to Pray](#)

READ [Matthew 6:5-14](#), [Matthew 7:7-12](#)

REFLECTION After listening, consider the following questions:

- 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 for further study

[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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