

**LEARN**

Read Matthew 6:5-8 together. What stands out from the text and Sunday's sermon that was helpful, encouraging, or challenging?

Jesus gives 2 ways not to pray in the text. What are they and what is the heart behind them?

What is the goal of prayer? Why is it important to always keep the goal in mind?

**PRACTICE**

How have you found prayer to be difficult in your own life? Is it that life is good/normal, or a bad theology about prayer, that you don't understand it, or...?

Are you ever tempted to make prayer a show before others? What needs to change in our hearts when that is the case?

How can you avoid the trap of "manipulative prayers"? How can you genuinely ask God for what you want/need without going toward manipulation?

Group prayer: Dedicate 10-15 minutes to praying together.

**CHANGE**

Are you more prone to pray to impress others or manipulate God? Or, is the truth that you just don't pray much at all? Talk as men/women about how you need God to change your heart's posture toward prayer, then ask God to change you.