



**Big Idea:** We want to be quieter, healthier, slower, smarter, richer, more generous or better connected to those we love! Image what could happen if, before determining to do anything else, we made a single resolution, to draw near to the heart of our Heavenly Father. In this study series, we will look at Jesus' prayer life, and discover that when we pray like He prayed, his priorities and passions become ours.

## Simple

Scripture: Matthew 6:5-13

*Jesus taught his followers to pray expectant prayers, believing that the Father loves to answer.*

### Capture our Attention-

- a. A novel idea is gaining momentum in the last few years. People are downsizing to smaller cars and smaller homes. If you had to simplify your life of ten items in your life/home, what items would you let go of.
- b. Share your Take-A-Way from last Sunday's sermon. What insight or truth from the message did God allow to capture your attention? What are you doing to live out the implications of that truth?

### Enlighten our Mind- Study the prayer life of Jesus.

Matthew 6:5-13

1. Through this series we will be examining closely the prayer habits of our Lord Jesus. This study will influence our own attitude and practice of the habit of prayer to grow into a vibrant connection to God!

Jesus teaches about generosity, prayer and fasting in this passage (Matthew 6:1-18). What does Jesus warn His followers about concerning about the good things we do? (Matthew 6:1, 5, & 7)?

What promises does Jesus give us about God? (Matthew 6:6-8)

What does Jesus mean in Mt. 5:14-16? How does that match up with the warnings we just heard?

2. Read our key verses and highlight the words/phrases that stand out to you.

<sup>5</sup> "When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. <sup>6</sup>But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything will reward you. <sup>7</sup> When you pray, don't babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. <sup>8</sup> Don't be like them, for your Father knows exactly what you need even before you ask him! <sup>9</sup> Pray like this: Our Father in heaven, may your name be kept holy. <sup>10</sup> May your Kingdom come soon. May your will be done on earth, as it is in heaven. <sup>11</sup> Give us today the food we need, <sup>12</sup> and forgive us our sins, as we have forgiven those who sin against us. <sup>13</sup> And don't let us yield to temptation, but rescue us from the evil one." (Matthew 6:5-13)

3. If prayer is not about impressing others. How would you describe the simple purpose of prayer to a new believer?

4. In this passage Jesus gives a very simple model of prayer (Matthew 6:5-13). Divide into smaller groups of two or three and address these questions.
- What do you notice about God in this prayer?
  - Why does Jesus use the words “our” and “us” instead of “my” and “me”?
  - Why is the focus of the model prayer on “today”?
  - What do you learn about the “evil one” in this prayer?

Which of the elements of this simple model of prayer is regularly in your own prayers? Which element do you need to add to your prayers?

5. Which description best matches with the parts of the model prayer?
- |                                 |   |
|---------------------------------|---|
| Praise God for who He is        | <i>Forgive us our sins</i>                              |
| Submission to God’s will        | <i>we have forgiven others</i>                          |
| Practice Graceful forgiveness   | <i>don’t let us yield to temptation</i>                 |
| Request provision for the day   | <i>Our Father in heaven, may your name be kept holy</i> |
| Repentance for our sins         | <i>Give us today the food we need</i>                   |
| Request for help to resist evil | <i>Your Kingdom come, Your will be done</i>             |

Why is it good to talk to God about these things?

6. How has this simple prayer, through your life, influenced your walk with Jesus?

**Simple Prayer in my Ordinary Life!**

**Receive it and Share it.**

Jesus gave us a very simple warning and a very simple pattern for prayer! He introduces the simple model of prayer with a very clear command that we should “Pray like this” (Matthew 6:9a). It is likely true for each of us that our prayers have diverted from this divine pattern. Some of us can learn for the first time how to have a conversation with our Father God. Some of us are needing to relearn the divine pattern. The next few steps are intended to help you develop your conversations with God so you can “pray like” Jesus taught.

- What part of your prayer life is affected by what others think of your prayers? How can you make your prayer more exclusively focused on your personal conversation with your Heavenly Father?
- What part of your prayer life is hindered by feeling you can’t find the right words? How can you be more focused on God understanding your simple expressions?
- What promise of this passage do you need to hold on to this week?
  - “your Father, who sees everything will reward you.” (Mt. 6:6)
  - “your Father knows exactly what you need, even before you ask him!” (Mt. 6:8)

**Your Prayer Journal-** Use the elements of Jesus’ simple prayer to record a simple prayer of your own in your journal. Spend a one day on each element for the next six days. (Praise God for who He is, Submission to His Kingdom will and reign, requesting provision for this days’ needs, repentance for our sins, forgiving others for their offenses against us, and request your Father’s help to resist evil).

Ask God to show you how your life can be on purpose for what He created you to do.

**Pray an “Imagine” prayer for your group, neighborhood and city to wake up to life in Jesus.**