



# HOW DO WE PRAY?

Prayer: For some, it's known as the great conversation. For others, it's the great hesitation. The word is simple to say, but how do we do it? What does it mean to pray? Is there a special form to follow? How long do you do it? Is there any posture that you should be in?

*Fortunately*, we're not alone in this question. Jesus's own disciples didn't know how to pray, so Jesus taught them - not in a list of do's and do not's. Instead, He gave them a prayer. It was nice and simple. This prayer shows us that prayer is ultimately simply a chance at connection with our Father. That's even how it starts: "Our Father in Heaven..." When we pray, we can remember that God is definitely holy - but He also loves us as well and *wants* to hear from us.

Pressure's off. Pray on.

# IN THE BIBLE.

## **Matthew 6:5-9**

And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

“This, then, is how you should pray:

“Our Father in heaven, hallowed be your name...”

## **1 Thessalonians 5:16-18**

Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

# QUESTIONS.

- 1.) What does prayer look like in your life?
- 2.) What are some things that keep you from connecting to God in prayer consistently, honestly, or with confidence?
- 3.) Why is it important that we pray?
- 4.) When is a time when you've experienced an answered prayer?

**Whenever you read the Bible, ask yourself these three questions:**

1. What does this tell you about God?
2. What does this tell you about yourself and the world?
3. How is this going to change who you are and how you live?