

LifeGroup Study
UNSTUCK: Atomic Prayer
2022-01-30
Participant Notes

OVERVIEW: Welcome back to our LifeGroup study, Unstuck. This series is all about experiencing change in our lives. Talking and listening to God in prayer is a keystone habit. Keystone habits have the power to change everything else about our lives. In this week's study we'll explore what prayer is and how to structure and build a prayer life so that you can make prayer a daily dynamic conversation with God.

ICEBREAKER: My Early Memories of Prayer
What early memories do you have of prayer? Was prayer something you did in your family growing up? Do you remember one of your first prayers? Maybe prayer wasn't part of your earlier years and you're feeling new to prayer. **Share your story with the group.**

STUDY:

1. On Sunday, Pete talked about the value of prayer as a regular habit in our lives. He quoted Charles Duhigg, author of *The Power of Habit*, who talks about *keystone habits*, "small changes or habits that people introduce into their routines that unintentionally carry over into other aspects of their lives."
 - **How might prayer be a keystone habit?**
 - **Do you view prayer differently than you did years ago? Why or why not?**

JESUS TEACHES ON PRAYER – Matthew 6:5-15

In Matthew 6:5-15, Jesus teaches his followers about prayer. He warns them how not to pray and He gives them what we know today as The Lord's Prayer. In this prayer, Jesus gives us a wonderful model to guide our habit of prayer. As a group, read through Jesus' teaching on prayer in Matthew 6 and talk together about the themes and emphasis of the various components of The Lord's Prayer.

2. READ: Matthew 6:5-15

In verses 5-6 Jesus tells us we should not pray like "hypocrites". **What did He mean by this?**

3. In verses 7-8, Jesus says we shouldn't "babble on" when we pray.

- **What did He mean by this?**

THE LORD'S PRAYER

Now let's consider the various components of Jesus' prayer and talk about how the value of each part can guide our habit of prayer.

4. READ: "Our Father in heaven, may your name be kept holy." Vs. 9. NLT

Value: Focuses our attention on God .

- **Why is focusing our attention on God's holiness important when we pray?**

5. READ: "May your Kingdom come soon. May your will be done on earth, as it is in heaven." Vs. 10 NLT

Value: Aligns our lives with His purpose.

- **Why is focusing on God's Kingdom an important part of our prayer habit?**

6. READ: "Give us today the food we need." Vs. 11 NLT

Value: Acknowledges our dependence on Him.

- **Why is acknowledging our dependence on God an important prayer habit?**

7. READ: "and forgive our sins, as we have forgiven those who sin against us." vs. 12 NLT

Value: Asks God to clean our hearts.

- **Why is forgiveness such an important part of our relationship with God?**

8. READ: "And don't let us yield to temptation, but rescue us from the evil one." Vs. 14-15 NLT

Value: Asks for God's protection and help.

- **Why is asking for God's help and protection a crucial habit?**

- 9. Look back at the components of the Lord's Prayer and think about your prayer life.

- **What components might be missing from your prayers? What might you add or emphasize more in your prayers?**

- **How might you begin to make a habit of praying like Jesus prayed?**

EXPERIENCE GOD

The Lord's Prayer – Hillsong worship

<https://www.youtube.com/watch?v=kUjLd6k6uXk>

Listen to this song together. Close your eyes and take in the meaning of the words.

How did this experience speak to you?

PRAYER

Please pray for the Cymbaluk family, our global missionaries in Greece serving with Avant. Gary sends the following requests.

- Pray for wisdom as Marina and I make travel plans. We will plan several international trips together while the children remain based in Athens.
- Pray for the former Muslims who we are taking through baptism class. Pray they wouldn't be tripped up by the enemy.
- Praise God 19 former Muslims(in rural Uganda) accepted Christ through our Avant colleague's ministry(we are the Avant's Africa Ministry Directors).