

Prayer

Video Presented by Stephen DeFur

The Lord's Prayer

"This, then, is how you should pray: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." **Matthew 6:9-13 (NIV)**

"Prayer is being on terms of friendship with God." - St Teresa of Avila

Prayer is a conversation with God, the person who loves you the absolute most.

Framework for Prayer from the Lord's Prayer:

1. Acknowledgement - of who God is, that he is the God of all people, and that what God wants for my life is more important than what I want for my life.
2. Requests - to God for what you need. Tell him about your concerns and fears.
3. Forgiveness - asking God for forgiveness for what we've done and forgiving those who have harmed us, is a humbling and necessary part of our lives.
4. Asking for Strength - to move forward in life, to be still and listen, and to help us move away from distractions.

Four Ways God can answer our prayers:

1. Direct - timely and what we asked
2. Delayed - at just the right time in God's plans
3. Different - than what we wanted but exactly what we needed
4. Denied - "Divine No"

Prayer is:

- about us. God invites us to acknowledge what is going on in our lives.
- a two way street; an ongoing conversation talking and listening; a rhythm God wants in our lives of us bringing him into the process of our daily living.

GROUP DISCUSSION

1. What makes it easy to have a conversation with a friend?
2. Do you find it easy or difficult to have conversations with God? Why?
3. When were you first taught about prayer? What has your past experience with prayer been like?
4. Of the four parts of the Framework for Prayer found in the Lord's Prayer, which one do you find the easiest, and which one is the hardest? Why?
5. Share a time that God specifically answered your prayer in one of the 4 ways. (Direct, Delay, Different, or Denied) How did you handle the answer?
6. Is prayer a daily "rhythm" in your life? Why or why not? Do you have a favorite place to pray? If prayer is not a daily habit, what can you do today to incorporate prayer into your daily life?