

Rule Of Life Bible Study – Pray

Are you chatty? Are you quiet? Do you make friends easily? Do you prefer to grow close to somebody over time?

Prayer is about developing a relationship, just like any other you have ever developed. How do you deepen a relationship with somebody? You talk!

Read Matthew 6.9-13

The Lord's Prayer is made up of an opening phrase, five petitions and a closing phrase. We can learn a lot from this prayer in our own prayer lives.

- Opening up our prayer: Our Father. What do you think it means when we call God a *parent*?
- Hallowed, holy, set apart, special... is that what God's name is like today?
- Asking for God's Kingdom to come is a way for us to align ourselves with his will as we pray. Is this an important part of your prayer life, as it was for Jesus?
- Do you find it easier to worry rather than pray? I know I do sometimes! If that resonates with you, why do you think that might be? Talk to God about it.
- Forgiveness. We talk about it in our services, don't we? Read the next two verses in the passage to see why it matters so much. Ask God for any help you may need in forgiving people around you.
- 'Lead me not into temptation' is another way of saying 'help me do the right thing'. Imagine yourself asking God to help you to do the right thing. What might he say?
- The last phrase: putting it all into perspective. All the Kingdom, all the power and all the glory belongs to God, today and always. If you can, lie down with your head up against something tall, like a tree, or find a picture of a mountain or an ocean, and look at it for a while. God is bigger than the whole universe! And yet your prayers, your conversations with Him are so special. As you contemplate this, try to allow some space for God to speak to you in the quiet.

Prayer: Loving God, help me to come to you, to talk to you, to get to know you better. Help me to find space in my life for this relationship, the best relationship of all. Amen.