

PART I: Teach Us To Pray | The Basic and The Lord's Prayer



Fecha

@October 26, 2022

Remember that we will be starting at **7:05 pm sharp**.

BEGIN IN PRAYER AND WORSHIP.

Pray asking the Holy Spirit to direct and guide your time together.

TALK ABOUT SUNDAY TEACHING

- Do you feel that prayer is a strength or a weakness in your apprenticeship to Jesus?
- Does prayer feel difficult for you? If so, why do you think this is the case?
- What expectations do you have with this new practice? What areas of prayer do you hope to learn more about?
- Is the idea of prayer as “**a life with God**”, more than just asking for things, is that something you had thought about prayer or not?
- What do you think will be your biggest challenge with this practice?

READ THIS SUMMARY.

Let's be honest, for most of us, prayer is a weak point in our apprenticeship to Jesus. Most of us don't really enjoy prayer. We feel bad, even guilty, for how little we pray. When we finally make time to pray, we often don't know what to say. Or we are so distracted that we cannot concentrate.

But for Jesus, prayer was fundamental to life with God. Most people define prayer as "talking to God." Prayer is a back-and-forth conversation that grows out of a deep relationship.

This is why prayer was such an important part of Jesus' life. **We read that he "often retired to solitary places and prayed." (Luke 5:16)** And for Jesus, prayer was not just another chore or duty. Jesus seems to genuinely enjoy the company of his Father. That is probably why the disciples asked Jesus: **"Teach us to pray". (Luke 11:1)**. Jesus' response was "the Lord's Prayer," **which was not a liturgy to recite, but a model to follow when you pray.**

Our prayer practice will begin there. This week, we will establish a time and a place to pray, and we will pray through the Lord's Prayer. It is an easy exercise that you can do in two minutes or two hours. **The main point this week is simply to get into the rhythm of daily prayer.**

READ THE BIBLE TOGETHER.

Read Luke 11:1-4

Talk about the following questions:

- How does it make you feel that the people who spent time the most with Jesus did not know how to pray?
- How does it help you to know that the Lord's Prayer **is not something to simply repeat, but rather a model to follow when you pray?**

DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.

1. Put away your phones or any other distractions and get into a comfortable but alert position.
2. Invite the Holy Spirit to come...
3. Let's pray through the Lord's Prayer, like this...

"Our Father..."

Take a moment and think about the idea of God as your Father, with good intentions towards you. If you want, imagine God in your mind. Imagine his face.

"In Heaven..."

Take a moment to think about the idea that God is all around you. Think that just as the air is always around us, so is God.

"Hallowed by your name..."

Spend a few minutes just sitting with the Father in joyous and thankful worship. You may want to sit quietly for a few moments or sing a chorus. Or say a list of things you are grateful for. Or praise God with specific things you love about him.

Now we are going to express praise and gratitude out loud to God, one at a time. (For example, "Father, thank you for your grace." "Father, thank you for loving me." "Father, thank you for forgiving me.")

"Your kingdom come, your will be done, here on earth as in heaven..."

Now we are going to pray and say, briefly and one at a time, that God's will be done in our state/church/Grupo Evidencias/life.

One at a time and in a short form, we are going to turn over to God specific things in our lives that we are struggling to control.

We are going to do it like this, "Your will be done in _____ (ex: my sister's health, in a relationship, at school")

"Give us each day our daily bread..."

We are now going to take a few minutes to pray for the specific needs and desires in our lives and that of our community.

This is also a good time to pray (briefly) for specific people in the group who need something: a job, healing, wisdom to make a decision, etc.

"Forgive our debts, as we also have forgiven our debtors..."

Let's take a few minutes in silence asking God for forgiveness for specific areas of your life.

“And lead us not into temptation, but deliver us from evil.”

Now let's take a few minutes to silently pray against the temptation (the word can also be translated as trouble) in your life.

Pray against specific sins....

Pray against any kind of evil: spiritual (demonic) evil, human evil, natural evil, etc.

Pray against the bad things in your life or community, and for God's blessing.

End by praying in the form of thanks to the Father for having listened to you.

READ THE PRACTICE FOR THIS WEEK.

- Basically, this week's practice is to do the exact same thing we just did, but alone.
- You can do it in two minutes or more than two hours, it's up to you. Go as fast or slow as you like.

To finish today, we are going to do the following exercise:

- Get out your calendar, planner, or cell phone, **and set a time and place to pray that is quiet and free of distractions.** For most, mornings are a good time. But maybe you prefer an afternoon or evening walk.
- **Now set a modest goal:** Every day is ideal, but if that's too much, set a goal of three times a week, for 10-15 minutes, or something that feels a bit challenging, but doesn't impossible.
- **Share to help each other:** Now we are going to quickly divide into groups of three (men with men, and women with women. But mixed in ages, adults with teenagers, with pre- teens, with young adults)
 - And we're going to share the **time and place you set.** And then, ***the goal you have.***

- Avoid comparison. We are all on a different journey and everyone has different schedules, contexts and responsibilities. **We are sharing to encourage each other, not to compare ourselves.**
-

PRAY BASED ON THE PRACTICE TO END.