



## WEEK JAN 24-30

### MAIN IDEA

Jesus teaches us how to start our prayers with a healthy focus.

### CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week. High: What was the highlight of your week? Low: What was the low point of your week?

### SETTLE IN (ICE BREAKER) 10 min

1. Before we begin today’s discussion, let’s begin by going before the Lord in prayer. Say the Lord’s Prayer together (found in Matthew 6:9-13); then have two people pray for your time together.
2. Have you ever caught yourself doing the right thing with the wrong motive?

### LOOK IN (OBSERVATION) 15 min

3. Read Matthew 6:5-8. What are the three directives Jesus gives in this passage?
4. What is the warning behind the two negative directives?

5. What is the promise behind his positive directive?
6. Read Matthew 6:9-10. What are four focuses Jesus gives in the opening of his prayer?

### LOOK UP (UNDERSTANDING) 20 min

7. Why do you think Jesus is concerned with the motives behind praying?
8. Why do you think Jesus doesn’t want us to “babble” when we pray or pray in order to “be seen by others”?
9. Based on Jesus’ directives behind the motives of prayer, what is the posture Jesus wants from us when we are praying?
10. What do you think will happen to the rest of our spiritual life if we are consistently praying 1) to God as “Father,” 2) Revering the name of God, 3) the coming of God’s kingdom, 4) for God’s will to be done?

### GEAR UP (APPLICATION) 20 min

11. In light of this passage, how do you plan on putting Jesus’ teaching into action?

### STEP UP (HOMEWORK) 5 min

1. Experiences: Begin to schedule your different experiences for this group season (prayer, serve, etc.).
2. Use the 21 Days of Prayer guide and spend daily time in prayer.
3. Start a Bible reading plan together. I recommend the book of Matthew because it has 28 chapters and will take you four weeks to complete, if you read one chapter a day.