

Week Three: *In Constant Prayer*
Matthew 6:5-13

Spend FIFTEEN – Day One

1. As we think about prayer this week, how would you define it?
2. What feelings or experiences do you associate with prayer?
3. Read Matthew 6:5-13. What characteristics of prayer does Jesus encourage? What does he discourage?
4. Would you say your prayers are more to people who might be listening or to God? Why?
5. One writer put it, “Prayer is less a technique than a relationship—a way of keeping company with God.” How does that line up with your definition or experience of prayer?
6. End your FIFTEEN in quiet. Focus on being in God’s presence. Ask God to heighten your awareness of him throughout your day.

Spend FIFTEEN – Day Two

7. If someone asked, “Why do you pray?” (or “Why don’t you pray?”), how would you respond?
8. Reread Matthew 6:5-13. Would you say Jesus expects his followers to pray? Why?
9. Verse 8 says, “Your Father knows what you need before you ask him.” If that is true, why do we need to pray?
10. What happens when we pray?
11. Prayer has many purposes and benefits. It reminds us of another world, the world of God’s presence and reality. One author writes, when we pray, “God recreates us.” What do you think the author means?
12. End your FIFTEEN bringing your needs to God. Offer each request slowly. Let God recreate your perspective, your attitude, your awareness, your prayer as you talk with him.

Spend FIFTEEN – Day Three

13. Read Mark 1:35. What do you learn about prayer from Jesus' example?
14. From Matthew 6:5-13 and Mark 1:35, are there right ways and wrong ways to pray?
15. What would you say if asked, "How should I pray?"
16. Read Romans 8:26. What reassurance is there in this verse?
17. We need to set apart times of prayer to protect a space to actively attend to God's presence. And yet one writer says, "90% of praying is just showing up." In God's presence we deposit anxiety, ask for help, drink deeply of God's character, pause, and trust. How could you make prayer more like a constant conversation?
18. God is real, good, loving, all-powerful, and perfect. How does this affect how you pray?
19. While there are many styles and techniques of prayer, real prayer is just treating God like a real person. End your FIFTEEN enjoying the reality of God in a conversation with him. (Remember, good conversation includes both talking and listening.) Consider talking to God out loud to make it more real.

Spend FIFTEEN – Day Four

20. Read Matthew 6:9-13. How does this align with the version of the Lord's Prayer you know?
21. What is your favorite line of the Lord's Prayer?
22. Read it again out loud. Emphasize different words and lines. Repeat. What new insight does this give you?
23. What part of the Lord's Prayer do you find surprising? What part do you find challenging?
24. The Lord's Prayer models a child talking to their father. It is grounded in love and trust. With this in mind, end your FIFTEEN by putting the Lord's Prayer into your own words. Pray these words to your loving Heavenly Father.

Spend FIFTEEN – Day Five

25. Spend your entire FIFTEEN in prayer. Be aware of God's presence. If you feel the need for direction, talk to God about who he is, rejoice together over what he has done, confess where you have failed and want your heart realigned, and honestly present your wants and needs. Listen to what he has to say. Often his response comes as you read his

written Word. Continue this conversation into the rest of your day.