

Cultivate

February 23rd, 2022

Introduction:

In this study we will discuss prayer as a spiritual discipline to draw near to God. This study will help to explore the basics of prayer, the posture of prayer, various forms of prayer, and finally the reason and value of praying regularly. Learners will walk away with a fresh perspective on daily prayer.

Opening the Conversation:

Tell me about a time when you first encountered prayer? _____

Who taught you to pray? _____

What is your definition of prayer? _____

Exploring the text:

Focus Scripture-Matthew 6:5-13

⁵ “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. ⁷ And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.

This, then, is how you should pray:

*“Our Father in heaven,
hallowed be your name,*

¹⁰ your kingdom come,

*your will be done,
on earth as it in heaven.*

¹¹ *Give us today our daily bread.*

¹² *And forgive us our debts,
as we also have forgiven our debtors.*

¹³ *And lead us not into temptation
but deliver us from the evil one*

Learn from the text:

Posture of prayer

A _____

C _____

T _____

S _____

I _____

What are ways or forms of prayer that you enjoy? _____

When should we pray? How often? _____

What are the benefits of prayer? _____

40-day Prayer Challenge (Mark Batterson)

Read the devotion daily, participate in the prayer prompts, read scripture and journal daily.
“Batterson inspires you to pray and keep praying like never before.”

What is a word of intention (focus) or objective for your Lenten journey? What do you desire from God? _____

“If you pray to God regularly, irregular things will happen on a regular basis.” - Mark Batterson (pg. 20)