

Muscle Memory

“Prayer” – Ben Foote

March 16-17, 2019

Group Creed

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

Bible References: Matthew 6:5-15

Community:

1. How were you affected by the “Bomb Cyclone of 2019”?
2. Can you share a time where prayer had a profound impact on your life?

Core:

1. Ben said he thought many of us (including himself) are easily intimidated or defeated by prayer. Would you agree, and if so, how are you intimidated or defeated by prayer?
2. **Read Matthew 6:5.** Ben explained that Jesus is telling us that prayer isn’t about manipulating other people. In what ways can people be manipulated through prayer?
3. **Read Matthew 6:6.** Why do you think Jesus puts such an emphasis on praying to God in secret here? What do you think is the “reward” Jesus is speaking about?
4. **Read Matthew 6:7-8.** As Ben said, Jesus is pointing out that prayer isn’t about manipulating God. What are some things we say in prayer as a form of manipulation?
5. **Read Matthew 6:9.** Does the concept of God as a loving father come easy to you or not? What’s the biggest thing getting in your way of seeing God as your loving father?

Challenge:

The Lord’s Prayer (Matthew 6:9-15) can easily be broken into five simple themes. Pick one area in your life this week to pray over (health, marriage, addiction, etc.), using those themes below:

- You are my God, my Father, and you’re here with me in _____.
- Show me how to want what you want in _____.
- Show me the difference between what I want and what I need in _____.
- Show me how to care about what you care about in _____.
- Show me you’re still close in the chaos of _____.