

# habits of grace

LISTEN. SPEAK. BELONG.

## WEEK 3 : SPEAK (MATTHEW 6:5-15)

*"Pray then like this:*

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

*Your kingdom come, your will be done, on earth as it is in heaven.*

*Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors.*

*And lead us not into temptation, but deliver us from evil." - Matthew 6:9-13*

## QUOTE

"And wonder of wonders, not only does he express himself and bid us hear his voice, but he wants to hear ours. The speaking God not only has spoken, but he also listens—he stops, he stoops, he wants to hear from you. He stands ready to hear your voice. Christian, you have the ear of God. We call it prayer." - Habits of Grace

## WHEN YOU PRAY, FOCUS ON THE FATHER

"Our having God's ear is as sure as our having God's Son. And so in this light, we turn general intentions into more specific pathways...We develop habits of life—habits of grace. We find a regular time and place. We pray by ourselves and with others. We pray "in the closet" and throughout the day. Prayer is scheduled and spontaneous. It's in the car, at the table, in between appointments, and beside the bed. We pray through Scripture, in direct response to God's word. We adore, confess, give thanks, and ask. We learn to pray by praying, and by praying with others, and discover that "praying regularly with others can be one of the most enriching adventures of your Christian life."" - Habits of Grace

1. What are some things we learn about how NOT to pray as well as how TO pray in Matthew 6:5-8?

2. The bible calls us to both have intentional, set-apart time of prayer (see the life of Jesus in Matthew 14:23; Mark 1:35, 6:46; Luke 5:16, 6:12) as well as ongoing, unceasing prayer (see Luke 18:1; Romans 12:12; Ephesians 6:18; Colossians 4:12; 1 Thessalonians 5:17).

Why are both set-apart and ongoing times of prayer important? What does (could) having both those times look like in your life?

**"TAPPING INTO THE GRACE OF GOD IS ESSENTIAL FOR OUR SPIRITUAL LIVES. THOUGH WE CAN'T MAKE THE FAVOR OF GOD FLOW, WE CAN POSITION OURSELVES TO RECEIVE THE FAVOR HE HAS PROMISED."**

## **PRAY TO THE FATHER THROUGH THE SON BY THE POWER OF THE HOLY SPIRIT**

"Our Father Who Art in Heaven" This is called the address, not actually one of the petitions. Calvin explains that to call God "Father" is to pray in Jesus' name. "Who would break forth into such rashness as to claim for himself the honor of a son of God unless we had been adopted as children of grace in Christ. Luther also believed the address was a call to not plunge right into talking to God but to first recollect our situation and realize our standing in Christ before we proceed into prayer."

- Tim Keller, Prayer

3. Look up the following passages and discuss how the good news of who Jesus is and what he has accomplished allows us to have God as our Father and come to him in prayer.

Hebrews 6:20, 7:25, 9:24

Romans 8:34

4. How should being a "son" (or "daughter") shape your motivation and view of prayer?

## **WHEN YOU PRAY, PRAY FOR YOUR FATHER'S PURPOSES AND PROVISION**

"The Lord's prayer is a summary of all other prayers, providing essential guidance on emphasis and topics, on purpose and even spirit. Therefore in our prayers, the words may be utterly different, yet the sense ought not to vary." - Tim Keller, Prayer

5. What does Jesus emphasize in his example of how to pray (vs. 9-10)? Discuss implications for how we pray.

6. Take time to pray and expound the Lord's prayer for yourself and your community.

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