

Matthew 6 (Prayer & Fasting)

Ice Breaker Idea: Who is the most famous person you have ever met/had a conversation with?

Questions:

1. Spiritual training/disciplines are important tools that God uses in our lives and we discussed prayer & fasting. What other disciplines might God use to grow your Faith?
2. We went through a list of “nots” regarding prayer (not for show, not judged by words, not a magic spell, not an option). Which ones of these do you find yourself struggling with most?
3. Jesus teaches us to pray using “our” and “us” rather than “my” and “me”. What is significant about this? How does it change your perspective on prayer?
4. Which sections of the Lord’s Prayer have been confusing or unclear to you in the past? What insights have you gained through this study? Are there any that seemed to speak directly into your life at this time?
5. Jesus talks about praying in secret, but in other places encourages meeting together to pray. What are the different benefits of secret prayer and public prayer? How are they both important parts of our lives?
6. Fasting is about turning down the volume on our flesh and turning up the volume on God’s voice in our lives. What ideas do you have for things you can turn down the volume on to better hear what God might be saying?

“Digging Deeper”

Read Matthew 7: 7-11 & James 5: 2-3

1. What do we learn here about making requests of God?

Discuss how Jesus fulfills all the petitions of the Lord’s Prayer

For reference see Luke 22:42; Luke 23: 34; Hebrews 4:15; Luke 4: 1-13, Matthew 6: 26, Matthew 4:17