

## Lord, Teach us to Pray

Introduction

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### Some experience prayer in limited way:

- Like a chore / obligation.
- Like a long list to Santa.
- Like a pardons board / constantly asking for forgiveness

Many want a vibrant, meaningful, abundant relationship with God (like we explored in 1 John) but don't know how that correlates with a life of prayer.

### Luke 11. 1-4

#### Why did the disciples ask for a prayer?

- Rabbi's gave prayers to their followers. The prayer encapsulated their main teachings.
- Jesus gives a prayer that reflects his mission as well as the history of God and his people, Israel.
- The disciples were compelled by Jesus' praying. They ask for to be taught. Perhaps the Lord's prayer is better understood as the Disciple's prayer.

#### Why does Jesus pray in the first place?

- To model prayer to his disciples. He shows *and* tells them about prayer.
- The reality and mystery of the incarnation. Jesus is both full God and man. Prayer matters to him also as a Jewish rabbi.
- The reality and mystery of the Trinity. Community, relationship and communication are found in the Trinity. Jesus shows us that as he is filled with the Spirit and prays to God the Father.

#### How does Jesus pray? ( Luke: The Gospel of Prayer)

- Lk 5. 12-16 – often slips away
- Lk 6. 6-13 – a whole night of prayer
- Lk 9. 12-18 – all alone
- Lk 10. 21 – spontaneous
- Lk 22 39-46 – Gethsemane / prayer before every major crisis

#### What is prayer to Jesus?

Is it life style or particular moments?

Jesus, in tune with God, still needs to remove himself from distraction.

**What it means**

Jesus thinks about prayer first in terms of awareness, dependence, nourishment and alignment (not discipline, focus, obligation or sacrifice).

The Lord's (or disciple's prayer) invites us into the very prayer life of Jesus. More than that, it invites us into the life of God altogether. May we put aside old, tired ideas about prayer and humbly as the master to teach us to pray.

**Discussion:**

- What has your experience of prayer been? What is it to you?
- What perspectives of prayer have you encountered that have been helpful / not so helpful?
- Can you name a time you've felt like you've truly convened or communicated with God? A special event? A certain place? A common time?
- What do you know to be true of God (that we might have unpacked in 1 John) that will aid you in relating to him?
- What do you wish a life of prayer looked like for you?