



## June 21 – Prayer

Prayer – it is one of the easiest and hardest things to do as followers of Jesus. People are often very hesitant to “pray out loud”. Others are afraid they don’t have the right words, or their prayers aren’t “eloquent” enough. Sound familiar? Other times we struggle with just what prayer is and does it do any good? Join us this weekend as we delve into this God-given gift and just maybe, we might be able to open our hands to God a little bit more!

### Scripture:

#### Philippians 4:6-9 NLT

<sup>6</sup> Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. <sup>7</sup> Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. <sup>8</sup> And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. <sup>9</sup> Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you.

#### Matthew 6:7-13 NLT

“When you pray, don’t babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. <sup>8</sup> Don’t be like them, for your Father knows exactly what you need even before you ask him! <sup>9</sup> Pray like this: Our Father in heaven, may your name be kept holy. <sup>10</sup> May your Kingdom come soon. May your will be done on earth, as it is in heaven. <sup>11</sup> Give us today the food we need, <sup>12</sup> and forgive us our sins, as we have forgiven those who sin against us. <sup>13</sup> And don’t let us yield to temptation, but rescue us from the evil one.

### Questions:

- How comfortable are you with praying? What feels good? What feels strange?
- Why do you pray? Think about this...is it habit? Or something else?
- This week, try praying in different ways, different spaces – try praying out loud – even if it’s just you. Don’t worry about the “right words”, simply pray the words the Spirit places on your heart. See what happens!

### Reading for the Week:

**Monday:** 1 Thessalonians 5:16-18

**Tuesday:** Ephesians 3:20

**Wednesday:** 2 Chronicles 7:14

**Thursday:** Psalm 19:14

**Friday:** Psalm 143:1