

the SPIRITUAL PRACTICE of **PRAYER**

"None of us likes being exposed. We have an allergic reaction to dependency, but this is the state of the heart most necessary for a praying life. A needy heart is a praying heart. Dependency is the heartbeat of prayer."

Paul Miller

In Jesus' Life

Matthew 6:1, 5-15

¹ Beware of practicing your righteousness before other people in order to be seen by them, for then you will have no reward from your Father who is in heaven.

⁵ And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

⁷ And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him. ⁹ Pray then like this:

Our Father in heaven,
hallowed be your name.

¹⁰ Your kingdom come,
your will be done,
on earth as it is in heaven.

¹¹ Give us this day our daily bread,

¹² and forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from evil.

¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you, ¹⁵ but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Make some observations on what prayer should and should not be.

Prayer should be...

Prayer should not be...

In My Life

What does the spiritual practice of “prayer” mean to you?

What has this practice looked like for you in the past?

Is it possible to “mature” in our praying life? If so, how? If not, why not?

How might Jesus use this practice to mature, deepen, and transform my life to look more like His?

Practically, what could this practice look like in my life this week?