



Session 1: The Lord's Prayer

1-7 SEP

Icebreaker

Describe your prayer life: is it like a rocket soaring to heaven, a Catherine wheel going round and round, or an old car that is difficult to start and splutters along?

Key thought

The Lord's Prayer is not something merely to be recited but a template or pattern to be adopted as a model when we pray.

Key verse

'This, then, is how you should pray: "Our Father in heaven, hallowed be your name"'
Matthew 6:9

Discussion starters

1. How does the Lord's Prayer help us remember our real priorities?
2. Do you use the Lord's Prayer for recitation or as a template?
3. Do your prayers tend to be quite me-centred?
4. Do Christians adequately explain the two aspects of God's fatherhood?
5. What picture do you hold in your mind when you pray?
6. Why is our picture of God important?
7. How does Jesus help us understand what God the Father is really like?

The example of Jesus

'But Jesus often withdrew to lonely places and prayed.' Luke 5:16

Prayer pointers

- Lord, teach us to pray.
- Pray for the help, inspiration and understanding of the Holy Spirit as we study this issue together.

Session 2: The Exalted Father

8-14 SEP

Icebreaker

Share some examples of how God has answered your prayers.

Key thought

Our first moments of prayer are best spent reflecting on the greatness and sufficiency of God, which then enables us to present our requests in faith that God can and will meet them.

Key verse

'I saw the Lord, high and exalted, seated on a throne' Isaiah 6:1

Discussion starters

1. What do your thoughts magnify?
2. Is your imagination redeemed?
3. Why should we not think of heaven as a physical location?
4. In what sense is prayer a reminder of God's ability to care for you?
5. Do you register earthly draughts or heavenly winds?
6. How often do you consider the works of God's hands (see Psa. 92:4; 102:25; 143:5)?
7. How do you spend your first moments of prayer?

The example of Jesus

'At that time Jesus, full of joy through the Holy Spirit, said, "I praise you father, Lord of heaven and earth..."' Luke 10:21

Prayer pointers

- Spend some time reflecting on the greatness of God.
- Thank, praise, rejoice and worship the greatness of our Father in heaven.



Session 3: Reverence for God

15-21 SEP

Icebreaker

Watch Cliff Richard, *The Millennium Prayer* on *Top of the Pops*:
[youtube.com/watch?v=KT_HEcCcSQs](https://www.youtube.com/watch?v=KT_HEcCcSQs)
 Why has the Lord's Prayer enjoyed enduring popularity over two thousand years?

5. How has prayer transformed you?
6. How can we balance both reverence for God and intimacy with God?
7. How much do you identify with the prayer of Gregory on 21 Sep?

The example of Jesus

'Father, glorify your name!' John 12:28

Prayer pointers

- Name and thank God for the characteristics that are associated with His name.
- Pray the prayer of Gregory.

Key thought

We need to balance intimate friendship with God with a deep reverence for Him by truly hallowing His name.

Key verse

'When you pray, say: "Father, hallowed be your name..." Luke 11:2

Discussion starters

1. Why is it important to hallow God's name?
2. What characteristics are linked to the name of God?
3. How does reflection of God's name lead us to reverence of Him?
4. What are the characteristics of true prayer?

Session 4: Your Kingdom Come

22-27 SEP

Icebreaker

Watch:
[youtube.com/watch?v=gVHz34eiSPE](https://www.youtube.com/watch?v=gVHz34eiSPE)
 How does the Church of God relate to the kingdom of God?

5. Identify key differences between the kingdom of God and kingdoms of the world.
6. Why may some prayer be 'no prayer at all'?

Key thought

The coming of God's kingdom was one of Jesus' highest priorities, and if we are to be His followers it should be ours also.

Key verse

'But seek first his kingdom...'
 Matthew 6:33

Discussion starters

1. How does the coming of God's kingdom 'start with you'?
2. How has your church been affected by the message of the kingdom?
3. Agree a definition of the phrase, 'kingdom of God'.
4. Outline key elements of a Christian cosmic view.

The example of Jesus

'Jesus went into Galilee, proclaiming the good news of God.' Mark 1:14

Prayer pointers

- Pray that God's kingdom will have the right priority in your life.
- Pray that others will accept Jesus and become citizens of God's kingdom.



Session 5: Your Will be Done

28 SEP – 4 OCT

Icebreaker

Watch:
[youtube.com/watch?v=5n7ip-VzrtY](https://www.youtube.com/watch?v=5n7ip-VzrtY)
 Are you confused about the will of God?

Key thought

God's will is not only best for Him – it is also best for us, but sometimes self-interest and doubt cause us to resist it.

Key verse

'I desire to do your will, my God; your law is within my heart.' Psalm 40:8

Discussion starters

1. How good are you at doing the will of God unquestioningly, speedily and completely?
2. Why can we be sure God's will is good for us?
3. Why may God's will feel alien even though it is an ally?
4. How does the Lord's Prayer cause us to face reality?
5. Are you resigned to the will of God or a wholehearted advocate?
6. How can the earth be 'the home of righteousness'?
7. How can prayer be a bridge between earth and heaven?

The example of Jesus

'I have come to do your will, my God'
 Hebrews 10:7

Prayer pointers

- Commit yourself to doing God's will.
- Ask God to direct your paths according to His will.

Session 6: Our Daily Bread

5–11 OCT

Icebreaker

What is your favourite food?

Key thought

In the experience of many, food, shelter and clothing is taken for granted and provided through our own efforts. Yet it is good to remember that God is the true source of all and express our needs and gratitude to Him.

Key verse

'Do not be anxious about anything, but in every situation... with thanksgiving, present your requests to God.'
 Philippians 4:6

Discussion starters

1. Do you tend to take your daily necessities for granted?
2. How can ingratitude foster a spirit of ingratitude and independence?
3. Can familiarity result in an attitude of spiritual amnesia and contempt?
4. Why is it good to ask God to meet basic needs that are already in our cupboards and fridges?

5. Is saying grace before meals right or wrong?
6. Share how has God provided for your body, soul and spirit.
7. How do man and God work together in providing for our needs?

The example of Jesus

'And he took bread, gave thanks and broke it, and gave it to them...' Luke 22:19

Prayer pointers

- Thank God for His daily provision.
- Pray for the needs of those who lack.



Session 7: Forgiveness

12-18 OCT

Icebreaker

Watch:

youtube.com/watch?v=FyC-Zma75Aw

How is science beginning to reveal the benefits of forgiveness?

5. How does not forgiving others affect us?
6. What is true forgiveness?
7. Is forgiveness an emotion or a decision?

Key thought

Guilt can affect our souls like poison affects our bodies. God has designed us to live without a crippling sense of guilt through faith in Jesus. We use that same faith to obey His instruction to forgive others.

Key verse

'Blessed is the one whose transgressions are forgiven' Psalm 32:1

Discussion starters

1. How has prayer provided a power to transform you and your circumstances?
2. What is the difference between reconciliation, forgiveness and assurance?
3. What is the difference between false guilt and real guilt?
4. How do people try to remove guilt from their souls?

The example of Jesus

'Jesus said, "Father, forgive them"'
Luke 23:34

Prayer pointers

- Ask God to forgive your transgressions.
- Pray out any forgiveness towards others (perhaps in private!).

Session 8: Temptation

19-25 OCT

Icebreaker

Watch:

youtube.com/watch?v=hu26294vXnc

How did Jesus overcome temptation? (See Luke 4:1-12.)

5. Is prayer fundamentally intellectual or emotional?
6. Why should we not simply deny temptation?
7. How has God delivered you from evil?

Key thought

Resisting temptation can make us spiritually stronger. It is important to acknowledge when we are feeling tempted, and seek God's help to overcome it.

Key verse

'Watch and pray so that you will not fall into temptation.' Matthew 26:41

Discussion starters

1. Why should we resist temptation?
2. How can temptation become a source of strength and resilience?
3. How can we resist 'irresistible' temptation?
4. How is our human weakness and God's strength revealed in prayer?

The example of Jesus

'Because he himself suffered when he was tempted, he is able to help those who are being tempted.' Hebrews 2:18

Prayer pointers

- Pray for those who are suffering temptation.
- Pray for God to guide you and deliver you from evil.



Session 9: Glory to God

26-31 OCT

Icebreaker

What has most impacted you in this issue?

Key thought

God is reigning now over all, but we can extend the effect of His kingdom in the hearts of others by our words and behaviour.

Key verse

'Say among the nations, "The LORD reigns."' Psalm 96:10

Discussion starters

1. Why can we have hope in such a world of desecration and pain?
2. Do you sometimes feel God is reclining and not reigning?
3. Is God waiting for you?
4. How can we reign in life now?
5. Why can our words and behaviour cause others to see the glory of God?
6. How will your approach to prayer change?

The example of Jesus

'Father, the hour has come. Glorify your Son, that your Son may glorify you.'
John 17:1

Prayer pointers

- Pray that your own prayers will be more in line with Jesus' pattern revealed in the Lord's Prayer.
- Pray that you will be able to inspire, encourage and teach others in prayer.