

spiritual infant

DISCIPLE ME

THE ONE ABOUT PRAYER PART 3: The Lord's Prayer

DISCUSS: COSMIC COMMENT BOX

Imagine God had a comment box where you could drop any thought, question, or frustration, no filters, no pressure, just honesty. If you could write one thing to put in that box today, what would it be?

WATCH: THE LORD'S PRAYER

- A lot of people think prayer has to sound formal or fancy, but Jesus actually taught something very different. He gave His followers a simple pattern, not a script to memorize, but a way to help us talk to God with both reverence and realness. Using the QR code to the right, take a few minutes and watch a video from The Bible Project, which breaks down the Lord's Prayer.



DISCUSS:

- What stood out to you most from that video? Was there something new or surprising about how Jesus taught us to pray?
- How do you think regular prayer could start to shift what matters most to you?

STUDY & DISCUSS : UNPACKING JESUS' MODEL FOR PRAYER

Jesus didn't just tell His followers *to pray*; He showed them *how*. The Lord's Prayer gives us a framework - not to memorize mindlessly, but to shape the rhythm and focus of our own prayers. Let's walk through it together and see what we can learn from the way Jesus prayed.

1. Jesus begins His model for prayer with a relationship.

"Our Father in heaven ..." (Matt 6:9)

Before we ask for anything, Jesus reminds us who we're talking to - a good Father. He's close. He cares. And He's not easily impressed - He's already invested.

- What changes in your attitude when you picture God as a loving Father instead of a distant power?
- If God already knows what you need, why do you think He still wants you to pray?

2. Prayer shapes our hearts before it changes our circumstances. *“Your kingdom come, your will be done”*
(Matt 6:10)

Prayer aligns our hearts with God’s purposes. It’s less about getting God on our side - and more about learning to stay on His.

- How might your prayers sound different if your first question was: *“What’s Your will, God?”*
- Can you think of a time prayer changed *you* more than it changed your situation?

3. Prayer connects our daily needs and our daily forgiveness. *“Give us today our daily bread & forgive us”*
(Matthew 6:11-12)

- What does “daily bread” look like in your life right now?
- Why do you think Jesus linked forgiveness with prayer?

SUMMARY: THE FRAMEWORK OF THE LORD’S PRAYER

SCRIPTURE	FOCUS	EXAMPLE
<i>“Our Father ...”</i> (v.9)	Connection	Remember who God is.
<i>“Your kingdom come ...”</i> (v.10)	Surrender	Pray for His will, not just yours.
<i>“Give us today ...”</i> (v.11)	Dependence	Ask for today’s needs.
<i>“Forgive us ...”</i> (v.12)	Confession	Be honest and receive grace.
<i>“Deliver us ...”</i> (v.13)	Protection	Ask God to help you walk faithfully.

CHALLENGE:

This week, take time to **write your own version** of the Lord’s Prayer — in your own words, from your own life. Use Jesus’ prayer in *Matthew 6:9–13* as a **framework** - not a script - and personalize each section. Let it sound like *you* talking to *your Father*. After you write your version, read it back slowly as your prayer for the day. Let it become a rhythm, not just words on a page, but an ongoing conversation with your Father who loves to hear your voice.