

PRAYER



Leader's Guide

Overview

Jesus Christ, when He came to earth, was constantly sharing radical, revolutionary ideas. He exploded the myths about prayer. He taught us that prayer is not a guilt producer. It is an anxiety reliever. It is not a dreaded obligation. It is a wonderful privilege. In this session we will discover how to make contact with God. We're going to look at what Jesus said. We'll go to the Authority and see what He had to say prayer. Using Matthew 6, which is the Sermon on the Mount, we'll uncover six specific instructions on how to make contact with God. Using this passage we will learn what God says about prayer.

Suggested Format (90 minute meeting)

- 15 minutes – Greet & Treat. Welcome people. Have sticky nametag for each person.
- 30 minutes – Intro & Video. Introduce the topic, hand out blanks and show the video.
- 35 minutes – Discussion. Lead the group through an honest discussion using questions below.
- 10 minutes – Prayer. Ask for prayer requests, and have several people pray.

Specific Session Tips

- Maybe have an example or two prepared to share with the group on how you have seen God answer prayer in your own life.
- Make sure to be aware that many LDS people have been taught that the evangelicals pray (you and me!) is disrespectful. We can help people understand what it means to pray "conversationally".
- Have the "Paul On Prayer" handouts ready to give to people (See *Bonus Materials*).

Weekly reminders

- Pray! Before your meeting, pray for each person by name and ask God to speak to their hearts!
- At the end of the meeting, remind people of who is on for treats the next week and what your topic will be.
- Pray at the end. Make sure to end ON TIME (You can always tell people they can stay – but give those who need to leave the option as soon as the class time expires).

Possible Discussion Questions

1. Ask the group, "What feelings or words come to mind when you think of prayer?"
2. Which of the six "Six Parts Of Prayer" do you find easiest to do? Why?
3. Which of the six "Six Parts Of Prayer" do you find most challenging to do? Why?
4. Does anyone have an example of when God answered you prayers?
5. What reasons or circumstances can you think of that God might NOT answer a prayer exactly the way you want him to?
6. **Application:** Spend some time having people share prayer requests. Then pray for each other. NOTE: It would be wise to write these requests down, and go over them in weeks to come to see if God answered them,