



Prayer is an essential part of our relationship with God, yet many of us struggle to make it a consistent practice. In Matthew 6:5–15, Jesus teaches us to approach our Heavenly Father with sincerity, humility, and confidence. The Lord's Prayer invites us to seek God's kingdom before our own desires and depend on Him for our daily needs, forgiveness, and protection. Jesus also reminds us that prayer extends beyond ourselves as we pray for others and learn to extend God's grace. As we continue studying the Sermon on the Mount, we are reminded of this week's Big Idea: Kingdom prayer puts our Father first and our lives in His hands.

1. In the opening story, the Chicago Bears players discovered they didn't know the Lord's Prayer as well as they thought. What is something you thought you knew well until you realized there was more to learn?
2. Read **Matthew 6:5–8** and **Psalms 139:1–4**. Jesus contrasts prayer that seeks people's attention with prayer that seeks a genuine connection with God. How does knowing God personally change the way we approach Him in prayer?
3. Read **Luke 18:9–14**. Jesus tells a parable about two men who approach God with very different attitudes. What do their prayers reveal about their hearts? How can we focus on prayer as an honest conversation with God?
4. Read **Matthew 6:9–10** and **Luke 22:39–42**. Jesus teaches us to pray for God's will to be done. Why can it be difficult to surrender our plans and desires to God? What is one area of your life where you need to pray, "Your will be done"?
5. Jesus teaches us to begin our prayers with the words "Our Father," rather than "My Father." Read **Romans 12:4–5** and **Ephesians 2:19–22**. What do these passages teach us about belonging to God's family and the church community?
6. Read **Matthew 6:11**, **Exodus 16:13–21**, and **Philippians 4:19**. God provided for the Israelites one day at a time, teaching them to depend on Him. How can we develop greater dependence on God when many of our basic needs are already met?
7. Read **Matthew 6:14–15**, **Ephesians 4:31–32**, and **Colossians 3:12–13**. What makes extending forgiveness difficult, especially when someone has deeply hurt us? How can we remember God's forgiveness and release bitterness while maintaining healthy boundaries in our lives?
8. Close your time by praying to Our Father to guide our week.