

**1. Learning how to pray**

- a) What request did the disciples make to Jesus after they had observed Him praying? Luke 11:1
- b) How did Jesus respond to their request? Luke 11:2-4
- c) Some might conclude that this prayer given by Jesus is the only way to pray, and simply repeat this prayer multiple times. What Scriptures challenge that conclusion? Ephesians 6:18-19, Philippians 1:3-4, John 17, Matthew 6:7-8, etc.
- d) What are some other ways to learn how to pray besides receiving direct instruction from Jesus?

**2. Praying from the Psalms**

- a) Read a psalm and then pray in response to that psalm.
  - i) Psalm 23. How might a person pray in response to this inspired song?
  - ii) Psalm 27:1-5,13-14 How might a person pray in response to this inspired song?
  - iii) Psalm 34:1-3, 4-7, 8-10, 11-22 How might a person pray in response to this inspired song?
- b) Pray using the words of the psalmist as your own personal prayer.
  - i) Think of a time when Jesus used the words of the psalmist as His own personal prayer. Matthew 27:46 (Psalm 22:1), Luke 23:46 (Psalm 31:5)
  - ii) Praise to the LORD – Psalm 9:1-2

- (1) What do you find particularly meaningful about the opening sentences of this prayer of David. See also Psalm 100:4.
- iii) Confession and repentance - Psalm 51:1-4, 10-12
  - (1) Share a time when this prayer of the psalmist became your prayer.
- iv) Need for strength and courage – Psalm 61:1-6
  - (1) Share a time when this prayer of the psalmist became your prayer.
- v) Feeling forsaken – Psalm 13:1-4,5-6
  - (1) Share a time when this prayer of the psalmist expressed the sentiments of your heart.
- vi) What prayer in the psalms is especially meaningful to you right now?

**3. Opening your heart to God as to a Friend**

- a) Steps to Christ, 93: “Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us but brings us up to Him.”
- b) Share examples of personal prayers other than those found in the Psalms. Luke 10:21-22, Acts 7:60, etc.
- c) Who has been an important mentor for you in learning how to pray?

