

*...learn from Me the unforced rhythms of grace...*

Loving.  
Living.  
Learning.

## **RHYTHM OF LIFE LENT GROUP WEEK 6 : PRAYING**

**LOVING, LIVING, LEARNING** *I have come that they may have life, and have it to the full. (John 10:10) By committing to shaping our life on a pattern of consistence, stability and rhythm we learn to live life more fully. There is no one better that we can learn from than Jesus himself, the Word made flesh. In committing time to learn more about Him and His teaching, we can grow more into His likeness.*

**PRAYING** - How will I nurture my relationship with God through regular prayer, the Bible and other people's insights?

### **OPENING WORSHIP**

**Hymn: 'Dear Lord and Father of Mankind'** (words on video)

**Scripture: Matthew 6 v 5-15**

And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then in this way:

Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one.

For if you forgive others their trespasses, your heavenly Father will also forgive you; but if you do not forgive others, neither will your Father forgive your trespasses.

**VIDEO 1** (see separate sheet for transcript)

### **DISCUSSION**

- 1. What do you find most difficult about prayer?**
- 2. Is there a style of prayer you prefer? What else have you tried?**

### **TEA BREAK**

**VIDEO 2**

### **DISCUSSION**

- 3. Are there ways of praying you'd recommend to others?**
- 4. Have you ever fallen into the trap of feeling so guilty that you haven't prayed, that you daren't pray? What do you think Jesus would say about that?**

### **PLENARY & CLOSING PRAYER**

- 5. Is there a way that you could weave prayer more naturally into your everyday life?**

*Lord, Your servant Luther taught that "to be a Christian without prayer is no more possible than to be alive without breathing." Help us to pray so regularly and easily that it becomes as natural as breathing to us; and through our prayers to bring breathe to the life of the world and those who inhabit it, that they might know that You live for themselves, through Jesus Christ our Lord. Amen.*