



Stay Connected ~ Matthew 6:5-8  
January 11, 2026

## Gravitational forces that send you spinning

1. DON'T \_\_\_\_\_

2. DON'T \_\_\_\_\_

## Handles to help you hold on

1. \_\_\_\_\_

“Our Father in heaven, hallowed be your name.

2. \_\_\_\_\_

Your kingdom come, your will be done, on earth as it is in heaven.

3. \_\_\_\_\_

Give us this day our daily bread

4. \_\_\_\_\_

forgive us our debts, as we also have forgiven our debtors.

5. \_\_\_\_\_

And lead us not into temptation, but deliver us from evil.

*next week: 2 Corinthians series begins*

## Questions for the Community

### Personal Reflection

1. Who did you learn prayer from? How has Jesus been your teacher? How do you want him to be?
2. “I should pray more.” Have you experienced this as a barrier in the past? How can it become an invitation for you?

### Group Discussion

3. Read Matthew 6:5–8 together. Jesus starts by correcting prayer before teaching prayer. Why do you think He does that? Which warning do you resonate with more right now? Performing in prayer (being aware of people instead of God) OR Playing games in prayer (empty words, formulas, vague language)
4. Review each movement of Jesus’ prayer and answer the following:
  - How does seeing prayer as a child running to a good father reshape what prayer can look like in everyday moments?
  - How does praying for God’s kingdom tend to move us from praying for others to acting for others?
  - How can turning everyday worries into prayer reshape your week?
  - What is the difference between forgiveness and reconciliation—and why does that distinction matter?
  - Why is it wise to pray ahead of time for protection rather than only after failure?

### Plan of Action

5. As a group, pray through the Lords Prayer taking each stanza at a time and praying until a leader moves you on. Don’t be afraid of silence! Let that be our own listening and inviting God to speak to us.
6. If you already feel established in Prayer habits, who might God be calling you to **teach**, **model**, or **walk alongside** this year?