

# Teach Me to Pray

## Reflection Questions | Matthew 6:9

9 Pray then like this: “Our Father in heaven, hallowed be your name.

1. How does your own experience with a dad affect the way you pray to the Father? Do you come fearfully? Or cautiously? Do you come skeptically? Do you believe He wants to hear you? Do you hesitate to come at all? Do you feel you need to please Him in order to come to Him?
2. It’s so easy to import our understanding of “father” on earth to “***Our Father in heaven***”. This is a different Father - not an earthly father that fails, forgets, leaves, yells, hurts, or distances. Where do you need to acknowledge where you have been hurt and this Father you pray to is different than your earthly father?
3. Our Father who art in Heaven - the One who made heaven and earth for us...who sent His son to die for us...who provides, sustains, protects, and draws near. This is our Father. What aspect of your Father in heaven is most comforting to you this week?

4. Jesus does not say “my” father, he says “our” father. This Father is to be shared. We are his sons and daughters together. We have a family and we can run to our dad together and on behalf of one another. We are never alone. Is this hard to believe? You have a giant family! Does this encourage you? Where do you need to relish that you have an “our” Father?

5. Our dad is awesome - “*hallowed be your name*” - another fancy way of acknowledging his awesomeness. It may be tempting as we come to prayer to feel like it is about us - our problems - our needs - our sin. Yet Jesus reorients us again. Our coming to the Lord is to bring our Father glory. It’s about how awesome He is. It is right and good and how we were made to acknowledge that amazingness, and to love the reality that our coming to Him, drawing near, brings Him glory. What is your pattern in prayer? Are you quick to jump to what you need? Or your struggle? How could you spend a little more time enjoying who you are coming to in prayer? Acknowledge how good He is.

6. Recite the beginning of the Lord’s Prayer. Slowly.

Our (pause)

Father (pause)

Who art in heaven (pause).

Hallowed be thy name (pause)

Enjoy praising and spending time with our Father!