

# Teach Me to Pray

## Reflection Questions | Matthew 6:5-8

**5** “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. **6** But when 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.

**7** “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. **8** Do not be like them, for your Father knows what you need before you ask him.

1. What are your earliest memories of praying? Where were you? What did you say? Were there others around you?
2. How has your view of prayer changed since then? If so, how?
3. What is Jesus assuming in verse 5, “When you pray....”?
4. Is that a right assumption, why or why not? Does this assumption make you feel like God wants to hear from you?
5. Pastor Chris says that God wants to hear you....so pray. The passage above is primarily talking about personal prayer (not prayer together with others or in our worship services). Do you have time where you meet with the Lord for prayer? What are the hurdles to that time with the Lord? What helps?

6. Jesus challenges his followers that they are not to pray to be “seen by others”. He mentions an even greater reward than men’s praise. “And your Father who sees in secret will reward you.” Is this a compelling reason to pray in secret? Why or why not?
  
7. What do you imagine is the Lord’s reward?
  
8. Jesus says when we pray we do not need to repeat ourselves over and over like we need to convince God to hear us. He says, “your Father knows what you need before you ask him.” Does this comfort you? Why or why not?
  
9. Jesus clearly cares to teach His followers how to pray and come to His Father. Jesus not only gives access to the Father through His life, death, and resurrection, but wants to help us in the day to day to know how to talk with the Lord. He wants to help guard us against what would hurt our relationship with Him. What might you turn from or repent of in how you approach or come to pray to the Lord?
  
10. Set a few minutes apart. Find a quiet place- like you would if you were meeting with a friend and wanted to really hear them. Don’t worry about your words- or wonder if you are asking the right way or are fervent enough, just enjoy being with the Lord, for He already knows what’s on your mind but will love your coming to Him with it.