

Prayer

Scripture: Matthew 6:5-13

1. When you pray – vv. 5-8a. The frequency of prayer – v. 5ab. The motives of prayer – vv. 5b-82. How you pray – vv. 9-18a. Adoring – v. 9b. Aligning – v. 10c. Asking – vv. 11-14**ONE THING**

Prayer reveals and is equal to our dependency...

“To pray is to accept that we are, and always will be,
wholly dependent on God for everything.”

- Timothy Keller

Life Group Guide

For the week of August 10, 2025

"... train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." (1 Timothy 4:7-8 ESV) Eight Habits of a Transformed Life is a sermon series that invites us to explore the foundational spiritual disciplines that help believers deepen their relationship with Christ. Each week focuses on one key discipline, offering biblical insight, practical application, and encouragement to adopt it as a lasting spiritual habit.

1. What is the first thing that comes to your mind when you think about prayer? What hindrances do you have that keep you from a regular time of prayer?
2. How do you talk to someone you love, and even more so loves you? Read Psalm 146:1-2. How is praising God similar?
3. It is humbling to ask for forgiveness. Read 1 John 1:9. Why do you think confession is important and helpful?
4. Is prayer more like a wartime walkie-talkie to call for help or a domestic intercom in our home to get our needs met by our butler? How is the battle metaphor helpful to you when thinking about prayer (read John 16:24)?

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