



## **SERIES: PRAYER AND FASTING**

### **WEEK 1: TEACH US TO PRAY**

**SPEAKER: ROB STACEY**

#### **SERMON SUMMARY**

In this opening message of the “Prayer and Fasting” series, Pastor Rob invited us to reflect on the foundational role of prayer in the Christian life. Drawing from Luke 11, where the disciples ask Jesus, “Lord, teach us to pray,” we see that prayer was not just something Jesus did—it was a life-giving rhythm that sustained and empowered everything else He did. Rob emphasised how our distracted, hurried culture makes prayer harder than ever, yet it’s precisely in the act of prayer that we enter the “thin space” between the physical and spiritual worlds. With humility and hunger, we’re called not just to learn about prayer, but to posture ourselves for deeper intimacy with God. Prayer isn’t about performance; it’s about presence. And in that presence, we are formed, surrendered, and transformed.

#### **OPENING PRAYER**

Ask God to quiet your hearts and minds. Invite the Holy Spirit to teach, guide, and refresh your understanding of prayer during this time together.

#### **ICEBREAKER**

- What’s your earliest memory of prayer?
- Do you find prayer easy or difficult? Why?

#### **SCRIPTURE READING**

**READ LUKE 11:1–4 TOGETHER.**

## DISCUSSION QUESTIONS

### TEACH US TO PRAY:

- Why do you think the disciples specifically asked Jesus to teach them how to pray?
- What do you notice about Jesus' prayer life that might have inspired this request?
- What have you learned about prayer from others who model it well?

### POSTURE AND PLACE:

- Luke says Jesus was praying in a "certain place." Why might our physical environment matter when we pray?
- What helps you feel more connected to God during prayer—stillness, silence, movement, music?

### THE LORD'S PRAYER – A FRAMEWORK:

- Jesus' model begins with "Father, hallowed be Your name." What does this teach us about approaching God?
- How do the phrases in the Lord's Prayer (God's name, Kingdom, provision, forgiveness, temptation) shape your perspective on life and prayer?
- Rob said prayer is formative rather than formulaic. How might this shape the way we use the Lord's Prayer?

### PHYSICAL + SPIRITUAL:

- Pastor Rob emphasised that prayer is both physical and spiritual. How do you experience that connection in your own prayer life?
- How can posture—kneeling, walking, hands open—be a tool for engaging with God more fully?

## KEY TAKEAWAYS

- Prayer is the essential starting point for a life with God.
- Jesus invites us into prayer not as a duty, but as a joyful connection with the Father.
- Our posture and physical presence can help us open up spiritually to God's voice and work.

## APPLICATION FOR THE WEEK

- Personal Practice: Set aside a regular time and place this week to pray, even if just for a few minutes each day.
- Posture Challenge: Try using a physical posture—kneeling, walking, sitting in silence—to engage more intentionally with God.
- Memory Verse: "Lord, teach us to pray." (Luke 11:1)

## CLOSING PRAYER

Pray for a renewed hunger for God's presence and a willingness to embrace prayer in both simplicity and surrender. Ask for grace to show up each day, even as beginners.