

Introduction: The Rhythm of Prayer

Prayer is the _____ to experiencing _____ with God.

“Simple prayer involves ordinary people bringing ordinary concerns to a loving and compassionate Father.”

- Richard Foster

“Prayer does not fit us for the greater work; prayer is the greater work.”

- Oswald Chambers

⁵“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. ⁷And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸Do not be like them, for your Father knows what you need before you ask Him.

Matthew 6:5-8 (NIV)

Develop a powerful and transformative prayer life

Decluttering prayer:

- Prayer is not a _____.

Matthew 6:5

- Prayer is not a _____ _____.

Matthew 6:7

Developing intimacy with God:

- View prayer as _____ not just a
_____.
Matthew 6:5-7
Luke 5:15-16
- Approach your _____
who _____ you.
Matthew 7:7-11
- Set aside a _____ time and a
_____ place.
Matthew 6:6
Mark 1:35
- Just _____.

“The same way a small child cannot draw a bad picture, so a child of God cannot offer bad prayers.”

- Richard Foster

“Bring to God what is in you, not what ought to be in you.”

- C.S. Lewis

Discussion Questions:

1. How do you develop intimacy with God through prayer?
2. Why is “decluttering prayer” so crucial in developing a prayer life that is powerful and transformative?
3. Is prayer the “steering wheel” or the “spare tire” of your life? In other words, is prayer your first response or your last resort? Explain why or why not.
4. How do you currently approach your Heavenly Father in prayer? How would you like to approach Him?
5. What steps will you take this week to grow in your communication and intimacy with God?