

Teach Us

to

Pray



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.

Matthew 6:5-7 

Our Experiences



- We dread prayer
- We feel unworthy to pray
- We devise tricks for prayer
- We feel exhausted to pray
- We are unsure if we are being heard or to whom we are praying
- We are confused about how it works

Most things that exhaust us about prayer are things we all have made up, not things that God has said we should do. We create parallel standards that we cannot meet.

Rethinking Prayer



- Prayer is not a show off (*don't be pressured*)
- Prayer is not a competition (*really, don't be pressured!*)
- Prayer is not a "get out of trouble trick"
- Prayer is communion (*communication & joy*)
- Prayer is a relationship (*you & God; where we start*)
- Prayer is love AND it re-orders our loves (*you talk to your loves*)
- Prayer is an encounter with God

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.

The gentiles' way of praying showed their lack of assurance in who their gods were to them. They had to convince their gods, to manipulate them.

The gentiles' way of praying revealed that their gods did not know their situations.

The gentiles' way of praying exposed who they thought god was.



Next Step Questions



1. What is your prayer life revealing about who God is to you?
Is he someone to trick into giving you things or is he a father?
2. What burdens are you carrying because you are not really sure if God is able to hear you?
3. What is one thing you need to give up this week to receive God's invitation to a better prayer life?