



A Guide for Spiritual Formation

Series Theme:	Lord, Teach Us to Pray
Text for the Week:	Matthew 6:9-10
Message for the Week:	Let Your Will Be Done...
Theme for the Week:	Surrendering to God's Will

Week 5

Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

When was the last time you deferred to someone else's wants or wishes? What happened as a result?

Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

Read:

Read / Have two people in your group read [Matthew 6:9-10](#) out loud.

[Clicking this link will bring you to multiple translations.]

As you read and/or listen to the text being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

Respond / Reflect:

Do you agree with this quote by Brother Lawrence? *"Let us often remember, dear friend, that our sole occupation in life is to please God."* Why or why not?

When is easiest for you to say to God, "Your will be done..."? When is it the hardest? Do you find yourself more of a *conductor* or more of a *resistor*? Think about ways to be a better *conductor*?

When we pray to God, "Let Your will be done" - is it a wish? A statement? A promise? A commitment? Does it make a difference?

How are you bringing what is in heaven down here to earth? In your home? At work? At school?

Some parents, when asking their children to do things, use this phrase: *"All the way, right away, with a smile in your heart."* Is this a good posture to also take with God?

When you hear the word *surrender*, what comes to your mind? Do we really mean it when we sing, "All to Jesus, I surrender," or "I surrender all?"

"Try It!"

During this worship series on prayer, we are going to be experimenting with different prayer practices each week:

Practice #5: Prayer Postures

This week, as you continue spending 3-5 minutes in prayer, three times a day (morning, noon, night), try praying using different postures: kneeling, standing with arms outstretched, prostrate (lying down face to the ground), and sitting down. The posture we take in prayer, both physically and attitudinally, impact our praying.

Prayer:

Spend time in prayer with/for the other people who are with you.

Pray this prayer together:

"Our Father in heaven, hallowed be your name,¹⁰ your kingdom come, your will be done, on earth as it is in heaven.¹¹ Give us today our daily bread.¹² And forgive us our debts, as we also have forgiven our debtors.¹³ And lead us not into temptation but deliver us from the evil one."

Matthew 6:9-13 NIV

Missional/Spiritual Practice for the Month: Mission Prayer

During the month of February, pray this [Mission Prayer](#) each day, multiple times throughout your day:

God, where will your Spirit lead today? Help me be fully awake and ready to respond. Grant me courage to risk something new and become a blessing of your love and peace. Amen.

Matthew 6:9-10 New International Version

⁹ "This, then, is how you should pray:

"Our Father in heaven,
hallowed be your name,
¹⁰ your kingdom come,
your will be done,
 on earth as it is in heaven.

Matthew 6:9-10 The Message

With a God like this loving you, you can pray very simply. Like this:

Our Father in heaven,
Reveal who you are.
Set the world right;
Do what's best—
 as above, so below.