

Read Matthew 6: 5-15

Most Christians know the prayer by heart in their own language, and it is used today by every Christian tradition, though there are sometimes minor variations in the wording. It has a place in every Anglican act of worship, and forms a pattern for prayer for Christians.

Share with one another when and where you pray. Do you use the Lord's Prayer? What part of the Lord's Prayer speaks to you most deeply?

"Hurry is not *of* the Devil; it *is* the Devil." How does this apply to prayer?

In 1 Thess. 5: 17 we are called to pray without ceasing. If we are constantly being swept off our feet with frantic activity, we will be unable to be attentive at the voice and guidance of God through prayer.

- How do you make space for prayer?
- Do you have a format?
- What has been helpful/unhelpful over the years?

In Lk. 11, we have a shorter version of the "Lord's prayer" and some additional thoughts about asking and receiving. The chapter starts with the disciples' request ""Lord, teach us to pray."

We are all learners for the rest of our lives. Often we are discouraged because we sense a "lack of prayer." Rather than flagellating ourselves for our obvious lack, we should remember that God always meets us where we are and moves us along into deeper things. An occasional jogger does not suddenly become an Olympic marathon runner. It takes time, training and perseverance.

Home group is a great place to pray – Why not use the next 20 minutes in prayer!

Other Practical considerations to help your prayer life:

- Find a place of quietness, free from distraction.
- Use of scripture, art, pictures, imagination
- Posture, actions (raising hands, palms up/down, kneel, stand, etc),
- Rituals (light candle, wash face, wash hands, etc)

