CONVERSATIONS With God

A THREE-PART GROUP STUDY FOR WOMEN

PART 2: WHAT SHOULD I PRAY?

CONNECT

Take a few minutes to discuss this question in your group:
What's something you wanted at one time but are now glad you didn't get?

LEARN

Before watching the video together and discussing the questions provided, we suggest taking a few moments to pray. Here's a simple prayer you can use:

> *Heavenly Father, thank you for inviting us to come to you about anything. Help us learn more about who you are through the prayer Jesus taught his followers to pray. In Jesus's name, amen.*

After praying, watch the video for Part 2.

APPLY

After the video, discuss the following questions as a group:

1. When you pray, what kinds of things do you find yourself asking for most often? Are there things you hesitate to bring to God? Why?

2. Jesus provided a framework for prayer to everyday people, not religious elites. How does that shape your view of prayer?

3. Read **Matthew 6:9–13** aloud:

   "This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'"

   As you listened to this familiar prayer, was there anything that surprised you, challenged you, or caught your attention in a fresh way?

4. Praying "*your kingdom come, your will be done, on earth as it is in heaven*" is declaring our desire for God's agenda over our own. What stands in the way of surrendering our plans,

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preferences, or timelines to God? Can you think of a situation where you ultimately chose God's way over your own? What happened?

5. Jesus taught us to pray, "*Give us today our daily bread.*" Where are you most tempted to rely on yourself rather than God? What might it look like to trust God with those needs?

6. Jesus taught us to pray, "*Forgive us our debts, as we also have forgiven our debtors.*" Is there someone you need to forgive or someone from whom you need to seek forgiveness? How does remembering God's forgiveness help us extend forgiveness to others?

7. Jesus concluded his prayer by saying, "*And lead us not into temptation, but deliver us from the evil one.*" Where do you most need God's strength, wisdom, or protection right now? How can your group support you?

PRAY

Share prayer requests as a group. Then, close your time together by praying this paraphrase of The Lord's Prayer written by the late theologian and philosopher, Dallas Willard (taken from *The Divine Conspiracy*).

Dear Father always near us,
may your name be treasured and loved,
may your rule be completed in us–
may your will be done here on earth
in just the way it is done in heaven.
Give us today the things we need today,
and forgive us our sins and impositions on you
as we are forgiving all who in any way offend us.
Please don't put us through trials,
but deliver us from everything bad.
Because you are the one in charge,
and you have all the power,
and the glory is all yours, too–forever–
which is just the way we want it!

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MOVING FORWARD

This week, pray the prayer Jesus taught in Matthew 6:9–13. As you reflect on the words, ask yourself these questions:

- Do I desire God's kingdom over my own?
- Am I really trusting God to provide for my daily needs?
- Am I withholding forgiveness from anyone?
- Is there anyone I need to ask forgiveness from?
- Is there any area of my life where I'm drifting toward temptation?

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