Overview

“Lord, teach us to pray…”

Luke records for us a simple moment and request between Jesus and one of His disciples. Jesus often withdrew to lonely places and prayed and this seems to be just such an occasion. Jesus had just returned from spending time in prayer when approached by His disciple. It was not at all uncommon for the disciples to make requests of Jesus, from asking for the meaning of a parable to even asking for the places of honor beside Jesus in glory. This was not like those requests; it was the humble desire of a disciple to learn from the master. Jesus had already taught them so much about himself and about the kingdom and now he wanted to know how to talk with God, so he simply asked Jesus.

Prayer was not a foreign concept to the Jews; they were people of prayer. Their history was filled with their people crying out to the Lord and with His answering them. They were not afraid to use prayers of lament just as often as they prayed in celebration and thanksgiving. The Jews would often use the prayers of their former leaders as a way to have access to God in hopes that prayers that were effective once would be again. They would pray with great confidence that God heard them (Psalm 145:18, 107:6, 91:15). Therefore, this disciple does not ask Jesus to teach him because he is unaware of what prayer is or how it is done. Rather, the disciple knew the truth, if I can be guided in prayer by those who came before me and learn from those who have experienced God closely, then how much more can I learn from Jesus the great teacher. If knowing and repeating the prayers of a “man after God’s own heart” is effective in understanding prayer how much more instructive would the prayers of God’s Son be. So he asks in hopes of truly understanding how to closely communicate with the God of all creation.

Another important element of the disciple’s request was its scope. He did not ask just for himself to learn the ways of prayer but asked for them all: teach US to pray. He rightly understood that prayer not only benefits the soul of an individual but is also unifying for the entire community of believers. We get to see and experience this picture every Sunday morning as the entire congregation, young and old alike, recite the Lord’s Prayer in unison. These simple words unite us together and remind us that we are part of a far-reaching legacy of people who have been saved by Jesus and desire to live for Him. We say the same prayer that Peter did and Paul did and Augustine did and Martin Luther did and John Calvin did and Mother Teresa did and Billy Graham did. Just let that truth soak in for a minute.

Therefore, just like that disciple, we are asking Jesus to teach us to pray. We will be studying the prayer Jesus gave to His disciples in its fullest form from the Beatitudes found in Matthew 6. We know that Jesus doesn’t waste words, so we want to understand exactly why He chose the words He did and what they mean for us today. Although we all are familiar with prayer, we want to spend this study sitting at the feet of the Master and truly understanding the importance of prayer. We too simply say, “Lord, teach us to pray.”
The Lord’s Prayer

Lesson 1

Truth and Equipping

“Our Father in heaven, hallowed be your name.”

Purpose: Jesus is showing us how to spend time with God in prayer

Weekly Focus: The importance of seeing God as personal, powerful and worthy of our worship and praise


Context: Jesus is teaching the crowds about the Kingdom of God
Jesus specifically wants them to understand the importance of prayer
Jesus tells them how they should pray
Jesus begins by telling them how to address God

“Our Father”

Outline:
I. God is Father
   a. Easy to believe he is impersonal because we can’t see Him
   b. Means that He cares and takes care

II. God is OUR Father
   a. Not just to Moses or Abraham or David
   b. We are His children
      - Claims you and me as His children even now
   c. Our identity comes from Him
      - We are now known as His children
   d. God gives us good gifts (Matthew 7:7-11)
      i. He knows what we need
      ii. We can ask Him as our Father

III. God is our Father now
   a. Not just in the future in heaven
   b. Today and every day

IV. How should this change the way we pray
   a. We should go before Him with confidence in prayer
      i. Because we are His
      ii. Because He loves us
      iii. Gives us good gifts
   b. We should be encouraged to pray because He longs to hear from us
i. Like a father loves to hear from his child
ii. God reveals Himself as very personal to us
   c. We should trust Him when we pray because He wants our best

Reflection Questions:
- What words would you use to describe God?
- What words would you use to describe your dad?
- What does it mean to you that God is our perfect Father?
- Because God is our Father how should you pray to Him?

“In Heaven”

Outline:

V. God is in heaven
   a. Might seem to be a bad thing
   b. Doesn’t mean He has left or abandoned us
   c. Means He is on the throne in heaven right now, shows His power
      i. Ruling over all (Psalm 47:7-9, 46:9)
         • Still in control of all things
         • King of the Earth
      ii. Cares for us (Matthew 10:26-31)
         • Valuable to Him
         • Knows everything about us—even number of hairs on our head
         • Knows even when a bird falls to the ground so is even more concerned with us
      iii. Still working for us (John 5:17)
      iv. Can do more than we ask or imagine (Ephesians 3:20)
         • We often pray small things
         • Same God who parted Red Sea hears our prayers
   v. Should give us confidence to pray

VI. Jesus is interceding for us (Romans 8:34)
    Sits beside the Father
    i. Prays for us
    ii. Speaks to the Father on our behalf

VII. Jesus is preparing a place for us (John 14:2)
    a. Individual place just for us in heaven
    b. Not only working for us now but for the future
    c. Shows that He will take us there

VIII. How should this change the way we pray
    a. We need to remember that God is all powerful
       i. Can sustain us and the whole universe
       ii. In control of all that happens
    b. We need to remember that God is watching over us
       Not only is He all-powerful but He loves us
Reflection Questions:
Where is God right now?
How does it make you feel that He is in heaven? Why?
How is God showing His power to us even from heaven?
Why is it important that God is all powerful?
What is Jesus doing in heaven right now for us?

“Hallowed Be Your Name”

Outline:

VIII. God gives us His Name so we can know Him (Exodus 3:1-15)
  a. He is I AM
    i. Shows us that He is a personal God
    ii. Shows that He is constant presence in our daily lives
  b. Name by which we can call Him and know Him

IX. How we use God’s Name is an act of Worship
  a. God’s presence is where His name is
    i. Was in the temple (1 Kings 8:29)

X. God’s Name is to be honored
  a. Hallowed: to hold in reverence
    i. To give it the respect it is due
    ii. To treat it as special and holy
    iii. In OT, they had such respect for God’s name that they wouldn’t say it or write it completely
  b. We need to use God’s name carefully and purposefully
    i. God’s Name is holy as He is holy (Psalm 103:1)
    ii. Shows our humility in approaching God
  c. We use Jesus’ Name in prayer (John 14:13-13, John 16:23-24)
    i. To show that it is His power and not ours at work
    ii. Pray with Jesus’ authority
      • Praying as He would

XI. How should this change the way we pray?
  a. Our prayers need to not only just be about ourselves
    i. Prayer is worship so we need to honor God in our prayers
      • Adore Him for who HE is
      • Thank Him for what He has done
  b. We need to seek out God’s will in our prayers
    i. Need to pray for His will over our will

Reflection Questions:
Why is it important that God makes His Name known to us? How does He do that?
Why is it important to show respect for God’s Name?
What are ways that we can do that?
How are we to use God’s Name in prayer?
ACCOUNTABILITY

What encouraged/discouraged you from this past week?

Without saying something that you are “doing”, describe your relationship with the Lord.

How have you worshipped the creation rather than the Creator?

What lies have you been believing?

Describe the situation around one relationship that you would like prayer for?

Which spiritual discipline has really blessed you recently? Why?

Which spiritual discipline has been neglected lately? Why?

The group does NOT need to go through every one of these questions. Depending on the size of the group, this should be about the last 30 minutes of the study.
MISSION

Share briefly an update on how the relationship is going with the three people on your prayer tags.

What would the next step in one of these relationships look like? Each of you help brainstorm ways to further the relationship or take steps toward sharing the gospel.

In general, do you feel encouraged or discouraged in these three relationships?

How are you serving people, the Church, our city and/or the world?
SUPPLICATION

Share your prayer requests with one another. Space is provided below to write them down. Use this to help remind you what to pray for each other during the week. In addition, there are a few questions to help you share requests.

What are your prayer requests regarding the truth this week?

In light of the discussion this week what do you need to pray for?

What are your prayer requests regarding any situations in your life this week?

Prayer requests from others in the group this week.
The Lord’s Prayer

Lesson 2

Truth and Equipping

“Your kingdom come, your will be done, on earth as it is in heaven.”

Purpose: Jesus is showing us how to spend time with God in prayer

Weekly Focus: The importance that God places on us understanding His kingdom and putting him in his rightful place in our prayers

Bible: Matthew 6:10, Revelation 21:1-8, 22-27, Matthew 26:36-46,

Context: Jesus is teaching the crowds about the Kingdom of God. Jesus specifically wants them to understand the importance of prayer. Jesus tells them how they should pray. Jesus reminds us that God is personal (Our Father) and powerful (Who is in heaven). Jesus then instructs us on how we should approach God in prayer in using His Name and that prayer is an act of worship. Jesus then begins to give us what we should pray. We should first pray for God’s Kingdom and God’s will before we pray for ourselves. The first thing we are to pray for is for coming of God’s Kingdom.

“The Kingdom Come”

Outline:

XII. God’s goal was to bring in His Kingdom
   To spread His glorious Kingdom to the ends of the earth

XIII. Jesus is living example of God’s Kingdom
   a. Was His central message
   b. His kingdom instead of our kingdom

XIV. What should we pray?
   a. Pray that people will be brought into the Kingdom—people will come to know Jesus because of what He has done for them
      i. Go from darkness to light
      ii. Repentance is key to entering the kingdom
      i. Repent for the Kingdom of Heaven is near
      ii. Need to cleanse our life of that which keeps us from embracing His kingdom
   b. Pray that we will live obediently
      i. Our lives also reflect God and His Kingdom
      ii. Can be a witness for Him
XV. What will the kingdom look like?
   a. Jesus will bring God’s kingdom when He returns
   b. His Kingdom will never end
   c. God will now dwell directly with His people
      Live in their midst
   d. There will be no more
      i. Mourning or crying
      ii. Pain or death
      iii. Suffering or sin
   e. All things will be made right and new
      i. Restore things as they were before sin
      ii. We will no longer struggle to do what is right
   f. God will give the world its light
      i. No more darkness
      ii. His Glory will shine for us all to see
   g. There will never again be evil

XVI. How should this change the way we pray?
   a. We should pray for our world to change to be more like how God
designed it to be
      i. Place of peace and love
      ii. Place that honors God
   b. We should confess when we are more interested in building our own
little kingdom instead of helping God’s Kingdom to come
      As ambassadors of God, we show the world what He is like and
what His kingdom is like
   c. We should long for and pray for Jesus return (Revelation 22:20)
      We should be thankful for gift of heaven and have desire to get
there

Reflection Questions:

What did you learn today about God’s kingdom?
Why should we want God’s kingdom to come to Earth?
How should we pray about God’s kingdom?
How can you bring God’s kingdom to your family? Friends? Co-workers? Neighbors?
When you think about heaven what gets you most excited?

“Your Will Be Done, On Earth as It Is in Heaven”

Outline:

XVII. Jesus came to do the will of the Father
   a. My food is to do the will of the Father (John 4:34)
   b. Did what the Father did (John 5:19)
   c. Even when it would be very difficult (Matthew 26:36-46)
      Prayed for God’s will over His will
XVIII. Calls us to do the same
   a. We do God’s will through obedience to Him.
   b. Should delight in obedience
      i. Psalm 119:27, 30, 32, 33, 47, 54, 93, 97, 127
      ii. Love and delight in the law of God
   c. Our lives show God to others.

XIX. We often struggle to want our will to be done and not God’s will.
   a. We think that we know what is best for our lives
   b. Have a hard time trusting God’s plan for our lives

XX. How should this change the way we pray?
   a. That we will seek to know God’s will in prayer
      i. Lord willing (James 4:14-15)
      ii. Need to understand our place and His
          He knows and does what is best
      ii. Romans 12:2
          • His will is good, pleasing and perfect
          • Need transformed mind to understand it
   b. That we will ask for strength to trust God’s perfect plan and will obey it
      i. Shadrach, Meshach and Abednego (Daniel 3:17-18)
         God will rescue us but even if he doesn’t we will not bow down.
      ii. God has a plan for each of us and it is for our good.
          • For our good and not for evil
          • To give us a hope and a future
   c. That we will choose His will over our will
      i. We will confess those places where we want our own way
      ii. We will ask God to help us trust and obey His will
          • Jesus’ prayer in the garden (Matthew 26:39)
          • Not my will but your will be done
   d. That we will have courage to stand up under trouble
      • Jesus’ prayer for us (John 17:15)
      • Not praying to be saved from trouble but to stand up under it

Reflection Questions:

What did you learn about God’s will today?
Why is it sometimes hard to trust God’s plan?
How did Jesus show He was trusting in God’s will for Him?
How did Shadrach, Meshach and Abednego show they were trusting God’s will for them?
How can you show that you are trusting God’s plan for your life?
**Accountability**

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Without saying something that you are “doing”, describe your relationship with the Lord.

How have you worshipped the creation rather than the Creator?

What lies have you been believing?

Describe the situation around one relationship that you would like prayer for?

Which spiritual discipline has really blessed you recently? Why?

Which spiritual discipline has been neglected lately? Why?

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Mission

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Supplication

Share your prayer requests with one another. Space is provided below to write them down. Use this to help remind you what to pray for each other during the week. In addition, there are a few questions to help you share requests.

What are your prayer requests regarding the truth this week?

In light of the discussion this week what do you need to pray for?

What are your prayer requests regarding any situations in your life this week?

Prayer requests from others in the group this week.
The Lord’s Prayer

Lesson 3

Truth and Equipping

“Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors.”

Purpose: Jesus is showing us how to spend time with God in prayer

Weekly Focus: Focusing our prayers on our needs instead of wants and trusting God’s daily provision.

Bible: Matthew 6:11-12, Matthew 6:25-34, Exodus 16, Matthew 18:21-35,

Context: Jesus is teaching the crowds about the Kingdom of God. Jesus specifically wants them to understand the importance of prayer. Jesus tells them how they should pray. Jesus reminds us that God is personal (Our Father) and powerful (Who is in heaven). Jesus then instructs us on how we should approach God in prayer in using His Name and that prayer is an act of worship. Jesus then begins to give us what we should pray. We should first pray for God’s Kingdom and God’s will before we pray for ourselves. When we do pray for ourselves we need to pray for our needs and not wants.

“Give Us This Day Our Daily Bread”

Outline:

XXI. Give
a. We need God’s help and provision
   i. We don’t pray “allow me to do it myself” but ask for Him to give to us
   ii. Humbling to ask for help and we don’t usually like to
b. Can’t do it alone
   i. We can’t take care of our deepest needs only God can

XXII. Us
a. He doesn’t tell us to say “give me this day my daily bread”
b. Not just out for ourselves but part of community
   i. Called to take care of others
      Early church shared all that they had (Acts 4:32-35)
   ii. Called to pray for each other (James 5:16)

XXIII. This day
a. We ask for what we need daily
   Manna in wilderness (Exodus 16)
   - Had to be collected daily
   - Couldn’t be gathered and kept for later
   - Made them trust that God would provide each day
     Couldn’t do it without Him
b. Trusting God’s ultimate provision
   He is only one who can provide what we really need

XXIV. Our daily bread
a. Asking for the simple needs
   i. What are things we really NEED
   ii. How do we distinguish these from what we want
b. God knows all we need as our good Father
   i. He desires to give us good gifts that we need
   ii. He also knows those things that would not be good for us and
     He withholds them for our good

c. God provides for His creation (Matthew 6:25-34)
   i. Gives lilies and ravens what they need
   ii. How much more will He take care of us who are made in His
     image
   iii. Shows we can trust Him

d. Not asking for selfish wants but daily needs
   i. God is not a genie to grant our wishes
   ii. He answers prayer so that we will know Him, trust Him and love
     Him more
     He often says no to reveal His will to us

XXV. How should this change the way we pray?

a. We should not pray so selfishly
   i. Pray for good of others as well as ourselves
   ii. Pray for our NEEDS and not our wants
b. We should pray trusting in God’s provision
   i. Remembering how He has taken care of us in the past
   ii. Not trying to do it all for ourselves

c. We should pray DAILY

Small Group Discussion Questions:

Who are people in your life besides yourself that you should be praying for daily?
What things get in the way most from you praying daily?
What are the things you NEED from the Lord?
What things do you regularly pray for that you know are wants?
What are some ways that you have seen God provide for you?
“Forgive Us Our Debts, As We Have Forgiven Our Debtors”

Outline:

XXVI. Sin creates debts for us to pay
   a. Debt to God for what we haven’t done
   b. Debt towards others for what we have done in evil

XXVII. Need to confess our sins
   a. Asking for forgiveness is confession
      i. Acknowledge that we have sin
      ii. Acknowledge that God alone can take it away

XXVIII. We are called to forgive in the same way God has forgiven us
   (Matthew 18:21-35)
   a. We want to be forgiven but don’t want to forgive others
   b. Need to see the weight of our sin against the small slights against us
      i. Easy to see our sin as small and other’s sins against us as big
      ii. Our debt is way bigger than we can imagine
   c. Need to understand how we have been forgiven
      i. Completely (Hebrews 8:12)
      ii. Taken it away (Psalm 103:12)
   d. Need to seek forgiveness before we come to God
      Leave your sacrifice at altar and go to the person (Matthew 5:23-24)
   e. We need to actually forgive those who sin against us.
      Pray for our enemies (Matthew 5:44)

XXIX. How should this change the way we pray?
   a. We need to realize that we sin against God every day
   b. We need to be willing to tell God we are sorry and ask for forgiveness for our sins
   c. We need to be willing to forgive and pray for those who wrong us

Reflection Questions:

Who is someone that you have a hard time forgiving? Why?
Why is it so important to forgive others?
What are some specific ways that God has forgiven you?
How do you know when you have REALLY forgiven someone else?
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What are your prayer requests regarding any situations in your life this week?

Prayer requests from others in the group this week.
The Lord’s Prayer

Week 4

Truth and Equipping

“And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory, forever. Amen.”

Purpose: Jesus is showing us how to spend time with God in prayer

Weekly Focus: Trusting that Jesus understands our temptations and wants us to stand up under them. God’s kingdom, power and Glory are all-powerful and unending. The purpose of ending our prayers in faith.


Context: Jesus is teaching the crowds about the Kingdom of God. Jesus specifically wants them to understand the importance of prayer. Jesus tells them how they should pray. Jesus reminds us that God is personal (Our Father) and powerful (Who is in heaven). Jesus then instructs us on how we should approach God in prayer in using His Name and that prayer is an act of worship. Jesus then begins to give us what we should pray. We should first pray for God’s Kingdom and God’s will before we pray for ourselves. When we do pray for ourselves we need to pray for our physical AND spiritual needs, not wants. We need to pray not only for our past spiritual needs (forgiveness for sins) but our future spiritual needs (help in temptations).

“And Lead Us Not into Temptation”

Outline:

XXX. Temptation comes to all of us
   a. Even Jesus was tempted
      In the wilderness after His baptism
   b. Tempted not by God but our own selfish desires (James 1:13)
   c. Temptation is not sin
      Giving into the temptation is sin

XXXI. Jesus understands our temptation
   a. Jesus in wilderness (Matthew 4:1-11)
   b. Was tempted in every way we were yet without sin (Hebrews 4:15)
c. Jesus resisted and lived perfect life for our sakes (2 Corinthians 5:21)

XXXII. We must resist temptation
a. Flee from it
b. Look for ways that God helps because He is faithful
   i. God does not want you to sin and is not trying to trap you in sin
   ii. He will not let you be tempted beyond what you can bear
      Gives us the strength by the Holy Spirit to say no
   iii. The way out He provides
      • Promises it to us
      • Gives us the opportunity to say no
      • We must look for it
   iv. Be in community with others
      Confess sins to one another (James 5:16)

XXXIII. How should this change the way we pray?
a. Pray that we will see the things that tempt us most
b. Pray that we will see the ways out that God provides for us
c. Pray that we will flee from temptation
d. Pray that we will remember that Jesus was tempted too and take strength from Him

Reflection Questions:

What are some things that tempt you the most? Why?
Why is it important that Jesus was tempted?
How does it make you feel that Jesus was “tempted in every way as we are and yet was without sin?”
What should you do when you are tempted?
Is there a difference between temptation and sin? If so, what is it?

“But Deliver Us from Evil”

Outline

XXXIV. We have an enemy who is against us
a. Satan the accuser—Revelation 12:10
b. Wants to steal, kill and destroy—John 10:10
c. Is the father of lies—John 8:44
d. Prowls around like lion looking for someone to devour—1 Peter 5:8
e. We are called to resist him—James 4:7

XXXV. Jesus is stronger than our enemy—Mark 5:1-20
a. Man had many demons and the people couldn’t do anything about it or him
b. He fell down at Jesus’ feet because he knew who Jesus was
   i. Knew He was the Son of God (James 2:19)
   ii. Our enemy is powerless against Jesus
b. Jesus shows His power by casting out the demons
   i. The man returned to normal

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ii. The man told others what Jesus had done
iii. The people marveled at Jesus’ strength

XXXVI. Jesus will conquer our enemy (Revelation 20:7-10)
   a. He wins in the end
   b. He is strong enough to protect us (2 Timothy 4:18)
   c. We do not need to be afraid

XXXVII. How should this change the way we pray?
   a. Need to remember that we have an enemy
   b. Pray for God’s strength and protection from our enemy
   c. Praising God for His power that is greater than our enemy
   d. Thank God for His ultimate victory over our enemy

Reflection Questions:

What do you know about Satan?
Why is he our enemy?
How does it make you feel that God is stronger than Satan?
How did Jesus show His power over evil while here on Earth?
What will happen to Satan in the end? How does that make you feel?

“For Yours is the Kingdom and the Power and the Glory, Forever”

Outline:

XXXVIII. Earth is small taste of what is to come
   a. See into the future of what heaven will be like
   b. The earth will be like it was before sin entered in

XXXIX. God’s kingdom will be forever
   a. God rules and reigns (Revelation 21:5-7)
   b. No crying or sickness or pain (Revelation 21:1-4)
   c. We have nothing more to fear

XL. God’s power will last forever
   a. Don’t need the sun because Jesus is there (Revelation 21:22-27)
   b. All that we need will be Him

XLI. God’s Glory will last forever
   a. Will be praised for eternity (Revelation 4:8-11)
   b. We also get to join in praising Him for eternity
   What we were created to do in the Garden

XLII. How should this change the way we pray?
   a. We need to long for heaven, not be attached to this world
   b. We need to thank God for our hope for the future
   c. We need to pray for strength to tell others about Jesus
   d. We need to trust God’s power for our lives
Reflection Questions:

What do you know about heaven?
How do you feel about heaven? Why?
Why is it important that God’s power will last forever?
What things about heaven get you most excited?

“Amen”

Outline:

XLIII. What does Amen mean?
   a. Means to confirm
      Let it be so
   b. Jesus is the Amen of all of God’s Promises (2 Corinthians 1:20)
XLIV. Reminds us that God is the one acting and not us (Revelation 5:1-14)
   a. Our only hope for our prayers to be answered is Jesus
   b. No one could be found who could open the scrolls
      i. Only Jesus was able, only He could make it so
      ii. Only Jesus is worthy and powerful enough
   c. Because we can’t do it on our own, we have to trust in Him and His plan for us (Proverbs 3:5-6)
XLV. Shows our faith that God is listening (1 John 5:14-15)
   a. Can go boldly before Him (Hebrews 4:16)
   b. Can ask anything in His will (Matthew 7:7-8)
XLVI. Shows that we agree with each other’s prayers
   a. God calls us to pray in community (Matthew 18:20)
      Is with us
   b. Inhabits the praises of His people (Psalm 22:3)
XLVII. How should this change the way we pray?
   a. We should use Jesus’ name and Amen purposefully
   b. We should thank God for hearing and answering our prayers
   c. We should praise God for being the one worth enough to die for us
   d. We should pray with confidence and faith because God is able

Reflection Questions:

What does Amen mean?
Why do we say Amen at the end of our prayers?
What have you learned about prayer through this study?
How will you see the Lord’s prayer differently when you say it at home or at church?
**Accountability**

What encouraged/discouraged you from this past week?

Without saying something that you are “doing”, describe your relationship with the Lord.

How have you worshipped the creation rather than the Creator?

What lies have you been believing?

Describe the situation around one relationship that you would like prayer for?

Which spiritual discipline has really blessed you recently? Why?

Which spiritual discipline has been neglected lately? Why?

*The group does NOT need to go through every one of these questions. Depending on the size of the group, this should be about the last 30 minutes of the study.*
Mission

Share briefly an update on how the relationship is going with the three people on your prayer tags.

What would the next step in one of these relationships look like? Each of you help brainstorm ways to further the relationship or take steps towards sharing the gospel.

In general, do you feel encouraged or discouraged in these three relationships?

How are you serving people, the Church, our city and/or the world?