
ENABLE 2.4

Our Father
Small Group Session Eight
Week Beginning 26th November



Jesus teach us to pray...

So far in ENABLE we have considered two of the wonderful gifts God gives his people to enable us to live for Him.

First, we considered the blessing we are to one another in the church. Secondly, we have been thinking about the precious gift of prayer. We have thought about the content of our prayers, the reasons we don't pray and then, last week, we thought about prayer in the midst of suffering.

These have all been challenging lessons. This week is no different. We are concluding our time in the school of prayer by looking at another New Testament prayer - the prayer that Jesus taught us.

This is the prayer that we are most familiar with. It is given to us as a model for our prayers. Not just to be prayed word for word, but to shape and form the content and character of our prayers.

In fact, when He taught his disciples to pray, Jesus first taught them about their attitude in prayer (Mathew 6:5-7) before then going on to shape the content of our prayers (Matthew 6:9-15).

We are going to follow that same order in this session, starting with our characters and then looking at each part of the Lord's Prayer in turn.

Towards the end of the session, there will be an opportunity to reflect back on the last four weeks and consider how we might respond together.

Goring our appetite and desire for prayer is the Lord's word by His Spirit. Why not start this session by spending some time asking that God would do that work in us?

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, 'Lord, teach us to pray'.

Luke 11:1

Character and Content

1 Character

First read Matthew 6:5-8 and then spend some time reflecting on these challenging words of Jesus.

- Describe in your own words what Jesus is asking us not to do?
- Describe what Jesus is encouraging us to do?

- In what ways do we need to learn these lessons in our lives and in the life of our church? This about our attitude to prayer as well as the way in which we pray.

- What does it look like when a Christian prays like this. Try to be as specific as possible?

Now read Matthew 6:9-15 and spend some time reflecting on each of the six main petitions.

2 Content

The first three petitions focus on God's glory (9-10) and the second three petitions focus on what we need as His children (11-15). Look at each petition in turn and ask each of these questions:

- What is it that we are being taught to desire and ask for in this petition?
- Try to imagine praying this petition in your own words, for your own life and situation. What would that pray look like for you?

1. Hallowed be thy name...
2. Thy kingdom come...
3. Your will be done on earth as it is in heaven...
4. Give us this day our daily bread...
5. Forgive us our debts as we also have forgiven our debtors...
6. Lead us not into temptation but deliver us from evil

For an outline of each petition and what praying that prayer might look like in practice, take a look at "How to use the Lord's Model Prayer" <https://bit.ly/3uuoTM5>

How has this teaching of Jesus encouraged or challenged you in this session?

3 Summary

Once again, this week we have seen that prayer is a challenging topic. Prayer is both an enormous blessing and a wonderful enabling gift, but it is also a discipline that takes our time and efforts.

If there is one thing you have thought has been challenging over the last weeks, then individually make a note of it and share it with the group. Why not now share one thing you are each going to take away from this session? Then turn to pray for each other.

Our Father in heaven...



Autumn Term Timetable

Introducing ENABLE - Central Meeting

7:30pm Thursday 7th September

Small Group Session 1.1

Week beginning 10th September

Prayer Meeting Week

7:00pm Trinity-wide hosted at All Hallows - 20th September

Small Group Session 1.2

Week beginning 24th September

Small Group Session 1.3

Week beginning 1st October

Small Group Session 1.4

Week beginning 8th October

Prayer Meeting Week

7:30pm 18th/19th October

Half Term Break - Week beginning 22nd October

Small Group Session 2.1

Week beginning 29th October

Small Group Session 2.2

Week beginning 5th November

Prayer Meeting Week

7:30pm 15th/16th November

Small Group Session 2.3

Week beginning 19th November

Small Group Session 2.4

Week beginning 26th November

ENABLE into Action - Group Activities

Week beginning 3rd December

support and
encouragement
to live for Jesus