

## "Teach us to pray."

If you could ask Jesus one question, what would it be?

Twelve disciples walked closely with Jesus. They saw His miracles. They heard His teaching. They observed how He interacted with people. Yet the one thing we know the disciples asked Jesus to specifically teach them about was prayer. It appears that, in all they observed in Jesus, it was His prayer life that seemed to be the "secret."

Thankfully for all of us, Jesus taught His disciples how to pray. He gave them, and ultimately us, a model as a part of His Sermon on the Mount. (See Matt. 5–7.) This prayer has inspired Christians for over two thousand years. It is both striking in its simplicity and breathtaking in its scope. It is certainly worth our study, and as we look at the different parts of this prayer, we will draw from other passages that will help illustrate truths from Jesus' Model Prayer also.

Prayer changes us as we pray. Isn't it time we joined the original disciples and ask Jesus to teach us how to pray? After all, prayer moves the Hand that moves the world.



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## How to Pray

Session 1 ***The Object of Our Prayer*** *Matthew 6:9a; Psalm 103:1-5,11-13,19-22*

Session 2 ***A Prayer of Praise*** *Matthew 6:9b; Psalm 96:1-9*

Session 3 ***A Prayer of Surrender*** *Matthew 6:10; James 4:6-10,13-17*

Session 4 ***Praying for Ourselves*** *Matthew 6:11; Isaiah 38:1-6,15-17*

Session 5 ***Praying for Others*** *Matthew 6:11; John 17:11-23*

Session 6 ***A Prayer of Confession*** *Matthew 6:12-13; Psalm 51:1-7,10-12*

Session 7 ***A Prayer of Thanksgiving*** *Psalm 138:1-8*