

“How do I pray? It feels like everyone knows how to do it and I feel like I’m just talking to thin air.” this sentiment is common for a lot of people. As Christians we understand that prayer is simply part of what we do, but what is it? Why is it important? and most importantly how do I do it? The best definition of Prayer I have heard is *‘Prayer is talking to God, but not only are we able to talk to God, he actually speaks with us too!’* Prayer is the main way we communicate with God, and that communication is foundational to our relationship with him. In the Bible Jesus, himself gives us a great framework for prayer.

**Read Luke 11:1-4**

Often we look at the Lord’s Prayer as a very formal prayer. For myself (David) when I think of the Lord’s prayer it is often in a King James style with thys and thou’s, but that is not how Jesus taught us to pray. First, Jesus speaks to God as his father, this is very personal language, especially in comparison to his contemporaries. We can pray in this same personal way. A second takeaway from the Lord’s Prayer is how Jesus prays for God’s kingdom to come. Often when we pray, we focus on our needs first, but Jesus’ example reminds us that prayer is often about us recognizing God’s will and putting ourselves under him. A Third idea from the Lord’s prayer is a prayer for forgiveness. When we pray for forgiveness, we recognize the reality of Jesus’ sacrifice and the salvation we have through him, but also humble ourselves and turn away from the sin that still holds on us. A final thought is Jesus’ prayer for Daily Bread. We pray and thank God for his provision in our lives and recognize that all we have ultimately comes from him.

## ADDITIONAL PASSAGES AND RESOURCES

- 1 John 5:14-15
- Romans 8:26
- Colossians 4:2
- Matthew 6:5-8
- [Prayer for Beginners](#)
- [ACTS Prayer](#)
- 'Talking With God' by Adam Weber
- 'How to Pray' by Pete Greig
- How to Pray Reading Plan

## QUESTIONS

Prayer is objectively real  
— a real God, real  
communication, real  
work, real answers

**MARSHALL  
SEGAL**

1. Did you grow up with prayer? What were the prayers you prayed as a kid?
2. What do you think of when you think of Prayer?
3. What has the practice of prayer looked like in your life?
4. What is the most difficult part of prayer for you?
5. How will you change the way you pray or the way you look at prayer because of today’s discussion?

**TAKE TIME TO PRAY TOGETHER**