



1. What are some common hinderances to praying, that people face? List them out as a group, thinking as broadly as possible. Share your own areas of current or past struggle to pray.

 Discuss practical steps to identify and overcome those hinderances.

2. Jesus lived a praying life. Prayer marked all the major movements of his earthly ministry, culminating in his redemptive work on the cross. The following verses in Luke highlight the prayer life of Jesus - Luke 3:21, 6:12, 6:28, 9:18, 10:2, 18:1, 22:44, 23:34. Have different people in the group read each of the passages and then discuss the aspect of Jesus prayer life this passage highlights.

 What can we learn from observing Jesus' life of prayer?


 How do these passages even address areas of your life, where you need to pray?


3. Jesus gives a model for how to pray. Discuss how you have used this in your own prayer.


 What other helpful acronyms or prayer models have you used, when praying?


 Are there other things that have helped you pray better (journals, prayer groups, books on prayer, etc)? Share as a group.


4. Discuss each of the phrases in Luke 11:2-4, sharing additional verses and insights that relate to each of these themes. Some have been provided to get you started.


 **Father** – *Pray to God as a loving Father over His children. He delights to hear from them, guide them, provide for them and keep them all the way home to heaven.*

 **Hallowed be your name** – *Pray that God would be revered through your lips and your life. Pray that God's glory would be displayed each day for the world to see.*

 **Your kingdom come** – *Pray for your submission to God's will and plan. Pray for the advance of God's kingdom in Utah and around the world. Pray specifically for the unsaved in your immediate context.*

 **Give us our daily bread** – *Declare your most basic needs to God, both physical and spiritual. Delight in God's care to provide. Remember God's historic goodness to you.*

 **Forgive us our sin** – *Pray a prayer of confession. Pray for those relationships where you struggle to forgive. Pray that grace will change you and give you courage to follow God.*

 **Deliver us from temptation** – *Pray that you will wisely avoid sinful temptation, that you will recognize God's presence in life's trials and that you will be strengthened in your Christian journey.*