



# THE LORD'S PRAYER: HOW TO PRAY. HOW TO LIVE.

A small group resource





# Introduction

Just before teaching them the prayer we know as the Lord's Prayer, Jesus told his disciples that God knows what we want before we ask him (Matthew 6:8).

So why a prayer at all? Perhaps it's simply this: we don't know what we want. Therefore, the Lord's Prayer is best understood as learning what to want. Which also means that the Lord's Prayer is a pattern for life as well as a pattern for prayer.

This small group resource encourages you to explore the Lord's Prayer together over five weeks with videos, discussion questions and suggested ways you can respond in your lives.

## *Sessions*

Week One: Getting started

Week Two: Our Father

Week Three: Three Hearty Praises

Week Four: Three Humble Petitions

Week Five: Amen

***Coming from the heart of God, through the heart of Jesus to our hearts, and through us to the world, the Lord's Prayer teaches us how to pray and how to live.  
All in less than 70 Words!***

**Archbishop Stephen Cottrell**



# Week One: Getting Started

## *Introductory Discussion*

The Lord's Prayer is for lots of Christians a very familiar prayer. Can you remember where you first learned the Lord's Prayer? Or where your early memories of saying it were?

## *Video*

Watch the video together [here](#)

## *Read*

Matthew 6:5-14

## *Discussion*

- What part does the Lord's Prayer play in your pattern of worship and prayer?
- What excites you about the Lord's Prayer?
- What are your hopes for studying it together?
- What puzzles you?
- The Lord's Prayer is a declaration of intent about how we intend to live our lives. As you think about that what challenges you?

## *How to live: suggested response*

The Lord's Prayer doesn't just teach us to pray, it teaches us how to live. Have a look through the prayer again at the line that challenged you. How could you "live" that line this week?

## Week Two: Our Father



*This, then, is how you should pray:  
“Our Father...”*

### *Pray*

Open your session by praying together The Lord’s Prayer

### *Check In*

How has it been since we last met? Did you think about “Living” the line of the Lord’s Prayer that you found challenging last week?

### *Video*

Watch the video together [here](#)

### *Read*

Matthew 3:13-16

### *Discussion*

- Why do you think Jesus starts the prayer with “Our Father”? What do you think this teaches us about what prayer is?
- What does it mean for you to think of God as Father?
- What does it mean for you to think of God as *our* Father ?
- Jesus says in Matthew 12:50 “Whoever does the will of my father in heaven is my brother and sister and mother”. Do you think we always treat other Christians in this way?
- How do you think we should express our responsibilities to one another as sisters and brothers in Christ?

### *How to live: suggested response*

Think about a brother or sister in Christ who you could welcome or bless this week.



## Week Three: Three Hearty Praises

*Hallowed be your name.  
Your Kingdom come,  
Your will be done  
on earth as in heaven.*

### *Pray*

Open your session by praying together The Lord's Prayer

### *Check in*

Did you find a way to live "Our Father"? Was there a brother or sister in Christ who you welcomed or blessed last week?

### *Video*

Watch the video together [here](#)

### *Discussion*

- To pray "hallowed be your name" is to recognise that God is holy, the creator, the source and origin of everything and the one who sustains all things. How does this change our perspective as we pray?
- What do you find hardest and most challenging about praying 'God's will be done'?
- How would you describe a world where heaven fills earth? Think about your community, your area, town or village, what would it look like if heaven filled earth?

### *Read*

Matthew 5: 3-12

### *How to live: suggested response*

Robert Warren calls the Beatitudes "Characteristics of the children of the Kingdom". How can you live the Beatitudes this week (maybe choose one of the phrases). How can you live "your kingdom come"?

## Week Four: Three Humble Petitions



*Give us today our daily bread.  
Forgive us our sins, as we  
forgive those who sin against us,  
and lead us not into temptation  
but deliver us from evil.*

### *Pray*

Open your session by praying together  
The Lord's Prayer

### *Check in*

How did you get on living as children of the kingdom? Was there a phrase from the Beatitudes that you practiced?

### *Video*

Watch the video together [here](#)

### *Read*

Matthew 18:21-35

### *Discussion*

- What does "enough" look like?
- What changes would you expect to see in the world and in your own life if we lived with just enough?
- We know we need to be forgiven ourselves, but should we always forgive others?
- Do you have any experience of being forgiven or of forgiving others that has helped you understand the nature of forgiveness?

### *How to live: suggested response*

How can you live with "enough"? Is there something you could choose not to buy? Or a change you could make in your lifestyle to make it more sustainable?

## Week Five: Amen



*Yours is the kingdom, yours is  
the power, yours is the glory  
forever and forever.*

*Amen*

### *Pray*

Open your session by praying together The Lord's Prayer

### *Check in*

Did anyone make a change in their life to live with "enough?"

### *Video*

Watch the video together [here](#)

### *Read*

Psalms 145. Spend some time in praise of God.

### *How to pray: Discussion*

- Why do you think the church ends the prayer with these words? How do they orient us at the end of the prayer?
- What bit of the Lord's Prayer do you find it easiest to say 'Amen' to?
- And which bits are the hardest
- What are you now going to do to ensure that Lord's Prayer is a part of your daily prayer and how might you share this with others?

### *How to live: suggested response*

Finish your time together by writing together or individually your own versions of the Lord's Prayer and discuss them together.