



Adult and Teen Life Groups Conferencing Guide

SERMON DATE: 01/18/2026
DISCUSSION DATE: 01/25/2026
TEXT: MATTHEW 6:5-8

HOW NOT TO PRAY

I. THE PROBLEM WITH PRAYER

A. Ritualized and routine prayer

B. Indifferent and habitual prayer

C. Lengthy prayers

D. Vain repetitions

E. Prayer to be seen of men

II. JESUS' CONDEMNATION

A. Self-centered public prayers

B. System-centered prayers

III. Proper prayer

FOR CONFERENCING

1. **Read Matthew 6:5-8.** According to verse 5, what was hypocritical about the prayers of the people that Jesus addressed? Why did they “love to pray?” What is the reward of the hypocrite?
2. According to verse 7, how did the heathens pray? Why did they pray that way? Can you think of any Old Testament examples of the repetition of pagan prayers? Why did they pray in a repetitious manner? Why is it unnecessary to pray in a repetitious manner?
3. In Last Sunday’s sermon we learned about ritualized prayer. Can you think of any biblical examples of that? Can you think of any modern-day examples of that? What is wrong about ritualistic or routine prayer? How might even we become routine or ritualistic in our prayers?
4. In other places in scripture we see prayer that is indifferent and habitual. How might we become indifferent and habitual in our prayers? What might be some ways that our prayer can be meaningless? How can we prevent ourselves from praying that way?
5. **Read Mark 12:38-40.** What kind of long prayers did Jesus condemn? Why?
6. What is vain repetition? Why might people pray in that way?
7. What is the principle behind Jesus' warning against public prayer? Does this mean that all public prayer is wrong? If not, what makes public prayer right or wrong?
8. **Read verse 6,** why did Jesus tell his listeners to pray in secret?
9. **Read verse 8.** If God knows the things we need of before we ask Him, why should we pray? How does this passage redefine prayer’s purpose beyond just asking for things?
10. What specific patterns or habits in our prayer life might need correction based on these verses?
11. Due to the popularity of Jonathan Roumie from *The Chosen* as well as other celebrities, the Hallow App is recognized as “the #1 app for Christian & Catholic prayer and meditation.” Why can’t a genuine Christian use the app? Answer this question not only from what you learned in this passage but also from the following passages. **Galatians 1:8-12, Titus 1:9, Romans 16:17, I Timothy 6:3-5, II John 9-11, Romans 11:6, Romans 4:4-5, Titus 3:5, II Thessalonians 3:14-15**