



Adult and Teen Life Groups Conferencing Guide

SERMON DATE: 01/25/2026
DISCUSSION DATE: 02/01/2026
TEXT: MATTHEW 6:9-15

HOW TO PRAY

I. THE PERSON & PRIORITY OF PRAYER (vv. 9, 10, 13)

II. THE ULTIMATE PURPOSE OF PRAYER (v. 10)

III. THE PRAYER OF PROVISION (v. 11)

IV. THE PRAYER OF PARDON (vs. 12)

V. THE PRAYER OF PROTECTION (v. 13)

FOR CONFERENCING

1. **Read Matthew 6:1-15.** Jesus' words in vv. 9-15 are most commonly called "The Lord's Prayer." Many individuals and churches across many denominations have memorized it and quote it habitually as a custom in their personal and corporate worship. What did Jesus address in verses 5-8 that would indicate that Jesus did not intend for it to be used that way? What was Jesus' intention in using it (see v. 9a)?
2. According to verses 9, 10, & 13, who is prayer to be centered on and what should be the priority of our prayers? What is significant about the words "Father" and "Hallowed?" (Note: some early manuscripts of Matthew written in Aramaic used the word "abba" for father. This was the most intimate term used for father. A similar term for us would be "daddy.")
3. What words in verses 10 and 13 teach us that prayer should be God-centered rather than man-centered? What then should we conclude about our will, plans, and ways? Explain the following statement. "Prayer should be bringing our life into harmony with God."
4. **Read v. 10.** What would seem to be the ultimate purpose of prayer? How would praying this way change your focus?
5. **Read vv. 11-13.** The first part of the model prayer has as its focus the person, priorities, and plan of God. What is the subject of this part of the prayer? What are the three requests in this section? What do these requests reveal about our needs? Of all the needs that Jesus could have instructed us to pray about, why might He have told us to pray for bread?
6. **Read v. 12.** Of all the things we tend to pray for, this is the one we most neglect. Why might that be?
7. **Read Psalm 66:18.** How important is it for us to ask God to forgive us for our sins?
8. **From verse 12-15,** Jesus mentioned forgiveness six times. What should that communicate to us? What did Jesus connect our willingness to forgive others to? In the context of these verses, explain the following statement. "A forgiven heart becomes a forgiving heart."
9. **Read v. 13.** What does this teach us to pray about? Why is that so important?
10. What is the connection between the first part of the prayer in verses 9 & 10 with the end of the prayer in verse 13? How then might we begin and end each prayer?