

Matthew 6:5-18 /// Week of February 11

Today's big idea: We can pray like Jesus did.

This ice breaker could get heavy. Celebrate the wins. Don't fix and don't rescue. Thank those who share with transparency and vulnerability.

- Best and Worst. What was the best part of your week and what was the worst part of your week?
- Review the Community Group Guidelines together.
- What did you hear in the sermon that caught your attention?
- Someone pray that God would help us hear from him.

Head

While this is a teaching of Jesus rather than a story about Jesus it still lends well to Bible Storytelling. Focus on telling the story one section at a time.

- Use the Bible Storytelling technique to tell the story of Jesus teaching his disciples to pray.
- Retell the story together as a group.
- Read the story from Matthew 6:5-18 in the Bible.
- What are some of the Do's and Don't's of fasting and prayer here?
- What do we learn from Jesus teaching his disciples HOW to pray?

Heart

If people share vague answers try to nudge them toward transparency and vulnerability. You may need to model this for them. Be ready to share earlier than normal.

- On a scale of 1-10, how comfortable are you with praying and fasting?
- What are the things you are praying and fasting for most these days?
- We would all like to see God do things but what would you say is your level of desperation toward God?

Hands

People gain confidence through practice. Help group members find times and places in which they can practice praying and fasting. Keep track of who you need to follow up with for extra encouragement throughout the week.

- How can you become more comfortable with prayer and fasting?
- How can you help others be more comfortable with prayer and fasting?
- Pray for one another and for a heart of desperation toward God.

Next Week:

How Do I HFC? 1 Thessalonians 2:10-16