

How Do I HFC?

Community Group

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

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

- 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

- 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

- 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

- 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