

Pray



Bible reference

'This, then, is how you should pray ...'
(Matthew 6:9)



As part of his Sermon on the Mount, Jesus provided the bassline for our prayer life. Rather than a mumbled prayer uttered on a Sunday morning, these words bring colour and life to our relationship with God. In today's session we will explore how the Lord's Prayer can help us to connect with our God who loves us deeply.

You will need:

- The Lord's Prayer handout
- A4 paper and gel pens / felt-tips



Beat

Leader's notes:

Share with the group a song from your teenage years that everyone knew the words to. It needs to be a song that everyone joined in with, either on the dance floor or singing as loud as they could in the car.

Each generation has their own iconic tracks, but here are some examples to get you started:

- 🎵 1970s - 'Bohemian Rhapsody' (Queen), 'You're the one that I want' (John Travolta and Olivia Newton-John), 'YMCA' (Village People),
- 🎵 1980s - 'Come on, Eileen' (Dexy's Midnight Runners), 'Livin' on a Prayer' (Bon Jovi), 'Karma Chameleon' (Culture Club)
- 🎵 1990s - '... Baby One More Time' (Britney Spears), 'I Will Always Love You' (Whitney Houston), 'Wannabe' (Spice Girls)
- 🎵 2000s - 'Umbrella' (Rihanna ft. Jay-Z), 'Single Ladies' (Beyoncé), 'Reach' (S Club 7)
- 🎵 2010s - 'Rolling in the Deep' (Adele), 'What Makes You Beautiful' (One Direction), 'Someone You Loved' (Lewis Capaldi)

- Which of these songs have the young people heard of?
- Out of the iconic songs they shared together, which is their favourite?
- Which Christian songs create a similar reaction in people?

Say:

Music often prompts us to respond in a certain way, but that isn't always the case when we share Scripture together.

Ask:

Do you ever have times in worship services where the congregation reads Scripture together? What format does it usually take? What does it normally sound like?

Say:

How about this Scripture ... (Start saying the Lord's Prayer and see if the group joins in)

Leader's notes:

Discuss how the Lord's Prayer is usually shared in collective worship. Often these verses from Scripture are shared in hushed tones or in a low mumble. Does the group think this is how Jesus intended the prayer to be used? If not, then why did Jesus give us this prayer? The aim is to start initial discussions about prayer.

 **Bridge****Ask:**

- If you were asked to lead a shared Scripture reading with your church, how would you do it?
- How would you ensure that God's word didn't become a low mumble?

 **Amplify****Say:**

Our focus today is on the prayer that Jesus gave to all believers. Before we consider it in more detail, let's look at the context in which it was shared.

As part of his Sermon on the Mount, Jesus was teaching the people about a wide range of topics including divorce, anger and how to treat those in need. He then turned his thoughts to prayer.

Read:**Pray with Simplicity**

⁵ 'And when you come before God, don't turn that into a theatrical production either. All these people making a regular show out of their prayers, hoping for fifteen minutes of fame! Do you think God sits in a box seat?

⁶ ‘Here’s what I want you to do: Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

⁷⁻¹³ ‘The world is full of so-called prayer warriors who are prayer-ignorant. They’re full of formulas and programmes and advice, peddling techniques for getting what you want from God. Don’t fall for that nonsense. This is your Father you are dealing with, and he knows better than you what you need.’

(Matthew 6:5-13 MSG)

Ask:

Using Matthew 6:5-13 to inform your answer, how do you think Jesus wants us to pray?

Say:

It is in this context that Jesus shares the Lord’s Prayer.

Read:

⁹ ‘This, then, is how you should pray:

“Our Father in heaven,
hallowed be your name,

¹⁰ your kingdom come,
your will be done,

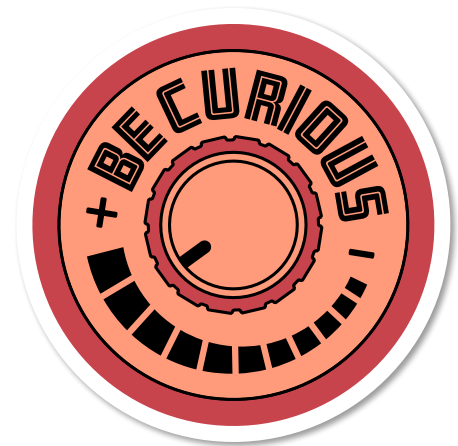
on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from the evil one.”

(Matthew 6:9-13)



Say:

Jesus gave us these words to provide the bassline (baseline) for our prayer life. It was meant to create a foundation to build a beautiful melodic prayer life filled with intricate harmonies and the odd unresolved chord. As we dive into the prayer-filled words given to us by Jesus, we will discover more about creating a baseline of prayer in our lives.

Leader’s notes:

Use the following clip to amplify the content and meaning of the Lord’s Prayer. The timings and discussion prompts are shown below. Give members of the group one or two versions of the Lord’s Prayer from the handout that they can refer to throughout the rest of the session. There are six versions on the handout – three more traditional, and three more expressive. The group may want to swap throughout to have different perspectives.

Watch:

If you're Struggling With What to Pray About, Watch This (9:25)

<https://www.youtube.com/watch?v=3-YlqQfKkKk>

Watch 0:00-2:52**Ask:**

- How is the Lord's Prayer structured?
- What is the significance of us being able to call the God of the universe 'our Father'?
- What does holiness signify?
- How did God's chosen people mess up their calling to be holy?
- How did God promise to restore the nations?
- What does it mean when we pray for God's Kingdom to come here on earth?

Say:

The first half of the prayer focuses on loving God and seeking his will.

Watch 2:53-5:39**Ask:**

- What kind of things represent 'daily bread' in our lives? What is the 'daily bread' that you need or ask God for the most?
- What central place should forgiveness take in our lives? Why is it so important to Jesus?
- How is forgiveness like breathing?
- How does God test us? How is this often twisted into a trap?
- What choices are we faced with on a daily basis? How does the Lord's Prayer help us to stay on track during times of testing?

Say:

To conclude our time amplifying the Lord's Prayer, let's take a look at the way Jesus modelled the Lord's Prayer in his own life.

Watch: 5:40-6:47**Ask:**

What does the prayer invite us to do every day?

 **Bridge****Watch 6:48-8:48****Leader's notes:**

Watch the final part of the clip together and give the young people the opportunity to reflect on the words of the Lord's Prayer.



Sound Check

Leader's notes:

In the sound-check section of our Bassline sessions, we have the opportunity to explore what the Scripture means for us and see how we can apply it in our daily living.

Ask:

- In what way, if at all, do you regularly use the Lord's Prayer to pray?
- Do you think we use this prayer in the way Jesus intended? Explain your thoughts.

Say:

Jesus gave us the Lord's Prayer as the bassline for our life of prayer. Today we're going to take some time to create a way of praying based on the foundations of Matthew 6:9-13.

Leader's notes:

This activity can work in a number of ways depending on your group. The overall aim is for the young people to create a prayer resource, based on the advice given to us by Jesus, that they would be willing to use on a regular basis. Although others might find it useful, they are not creating a resource for someone else. They can tailor it to their own prayer preferences but it must follow the guidance given by Jesus. They may want to work in small teams if there are like-minded people in the group.

They could create:

- prayer prompts to keep on their phone with a daily reminder
- a journal page that can be copied and reused
- a prayer framework to fill in
- a prayer mindmap with pictures to prompt each kind of prayer

These are just a few ideas to get the group started, but the aim is for the resource to reflect their prayer needs.

 **Bridge****Leader's notes:**

If the group would like further information about the topic of prayer, then watch and discuss the following clip together. If you do not have enough time in the session, then you may like to send the link to the group.

Watch:

What is prayer? GotQuestions.org (4:38)

<https://www.youtube.com/watch?v=ieVDI58QQhA>

Selah

Leader's notes:

In the Selah section for today, give the young people the opportunity to try out their prayer resource. Use the following piece of music, based on the Lord's Prayer, as a background for reflection.

When the prayer time comes to an end, ask the group to feed back how useful they found their prayer resource. Choose a translation of the Lord's Prayer to read together, or you could even all read different translations at the same time.

Watch:

'The Lord's Prayer' Lyric Video – Hillsong Worship (6:08)

<https://www.youtube.com/watch?v=kUjLd6k6uXk>

Coda

Say:

In a piece of music, the coda brings the different aspects of the melody, harmonies and bassline to a conclusion. It pulls together the different themes and often, but not always, brings resolution to a piece of music.

Ask:

As you reflect on everything you have learned today, what is your coda?

What is the one thing you will take away from this session from all the different aspects of prayer we have explored?

Leader's notes:

Give the young people a moment to think about your question and briefly share their coda with the group before the session comes to an end.





The Lord's Prayer

⁹ This, then, is how you should pray:

'Our Father in heaven,
hallowed be your name,

¹⁰ your kingdom come,
your will be done,

on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our
debtors.

¹³ And lead us not into temptation,
but deliver us from the evil one.'

(Matthew 6:9-13 NIV)

⁹ Your prayers, rather, should be
simple, like this:

Our Father in heaven,
let Your name remain holy.

¹⁰ Bring about Your kingdom.

Manifest Your will here on earth,
as it is manifest in heaven.

¹¹ Give us each day that day's bread –
no more, no less –

¹² And forgive us our debts
as we forgive those who owe us
something.

¹³ Lead us not into temptation,
but deliver us from evil.

[But let Your kingdom be,
and let it be powerful
and glorious forever. Amen.]

(Matthew 6:9-13 VOICE)

⁹ Pray, then, in this way:

'Our Father, who is in heaven,
Hallowed be Your name.

¹⁰ 'Your kingdom come,
Your will be done

On earth as it is in heaven.

¹¹ 'Give us this day our daily bread.

¹² 'And forgive us our debts, as we have
forgiven our debtors

[letting go of both the wrong and the
resentment].

¹³ 'And do not lead us into temptation,
but deliver us from evil.

[For Yours is the kingdom and the
power and the glory forever. Amen.]'

(Matthew 6:9-13 AMP)



The Lord's Prayer

⁹ Pray like this:

Our Father in heaven,
may your name be kept holy.

¹⁰ May your Kingdom come soon.
May your will be done on earth,
as it is in heaven.

¹¹ Give us today the food we need,
¹² and forgive us our sins,
as we have forgiven those who sin
against us.

¹³ And don't let us yield to temptation,
but rescue us from the evil one.

(Matthew 6:9-13 *NLT*)

With a God like this loving you, you
can pray very simply. Like this:
'Our Father in heaven,
Reveal who you are.
Set the world right;
Do what's best -
as above, so below.
Keep us alive with three square meals.
Keep us forgiven with you and
forgiving others.
Keep us safe from ourselves and the
Devil.
You're in charge!
You can do anything you want!
You're ablaze in beauty!
Yes. Yes. Yes.'

(Matthew 6:9-13 *MSG*)

⁹ So this is how you should pray:

'Our Father in heaven,
we pray that your name will always
be kept holy.

¹⁰ We pray that your kingdom will
come -

that what you want will be done
here on earth, the same as in heaven.

¹¹ Give us the food we need for today.

¹² Forgive our sins,
just as we have forgiven those who
did wrong to us.

¹³ Don't let us be tempted,
but save us from the Evil One.

[For the kingdom and the power and
the glory belong to you for ever and
ever. Amen.]

(Matthew 6:9-13 *ERV*)