



A Journey in Prayer - Study Guide for the Teaching Series

Week 4 – Sunday 10th May 2020: Jesus' Prayer Life

The Gospels reveal Jesus to be a man of prayer. Praying at all sorts of times and places and ways.

1. Have you ever thought about this question - If Jesus is God why did He pray?

For Jesus, Prayer is about Relationship with God

He prayed to His Father. He prayer in the Spirit. His prayer life was about family relationship. He was spending time in the intimacy of those who loved Him most of all – and had done from eternity. So, His prayer life was how He sustained and enjoyed His relationship with His Father and the Spirit. Jesus teaches His disciples to pray like Him, '*Our Father in Heaven, hallowed be Your Name.*'

2. How does this encourage and inspire you in your journey in prayer?
3. Has the Lockdown made you appreciate how much better the 'technology' of prayer is than text, WhatsApp and Zoom for family communication?

For Jesus, Prayer is about Direction from God

Please read John 8.28-29, 42; John 12.10

4. Did Jesus need to pray in order to know and discern the Father's leading in His life? Or to make decisions in tune with His Father's wisdom?
5. Jesus teaches His disciples to pray like Him, '*Your will be done on earth, as it is in Heaven.*'. How might that kind of radical praying transform your everyday life and significant decisions?

For Jesus, Prayer is about Dependence on God

Jesus needed to pray because He was human. He understood His human need and the Father's all-sufficiency, and so He prays, fully embracing this dependence in trust. He taught His disciples to pray like Him, '*Give us today our daily bread...*'

6. How does this encourage and inspire you in your journey of prayer?

If you have time – feel free to discuss which of the following Prayer Practices of Jesus inspire you..
Passionate Prayer/ Praying Confident of being heard/ Solitude/ 'Mountain' Prayer/ Prayer with Others