

Jesus + Prayer

How, at different moments in your life, have you been disappointed by prayer? Explain.

What reasons compel you to pray? Why do you see prayer as important?

Read 1 Thessalonians 5v17 and Ephesians 6v18

What do you think Paul is suggesting when he says, “pray without ceasing”?

Read Revelation 5

Notice the connection between the opening of the scroll and the prayers of the saints. What connection, if any, is there between the reading of the Bible and your prayer?

Read Matthew 6v9-13

By telling the disciples how to pray, Jesus is encouraging them to take his words and offer them back to God as their prayers. Take several minutes and look through the book of Psalms. Find a Psalm or a section of a Psalm that resonates with where you are on your journey.

Read the Psalm aloud as a prayer and then share or reflect on how this Psalm articulates your own experience. In doing this, you are offering God's own words back to him in prayer.

In the Jewish tradition a mourner is meant to say the Kaddish, which is strikingly similar to the Lord's Prayer [Matthew 6v9-11]. The Kaddish is said in community, keeping with the Jewish idea that "When ten sit down together to study the Law, the Presence of God dwells among them." Kaddish finds its meaning when spoken in community. If you are in a group, finish by reciting the Lord's Prayer together. If you are alone, seek out someone to recite it with you.