



# How to Pray

## Read/Study Matthew 6:5-8

Find at least 3 instructions on prayer.

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## Read/Study Matthew 6:9-13

This is the Lord's Prayer. What can learn from this model that can be used in our prayer time?

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## Read/Study Matthew 26:36-35

How did the disciples handle their assignment to pray for and with Jesus? Have you ever experienced difficulty in staying focused in prayer?

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## Read/Study Mark 1:35

What can we learn about prayer in this passage?

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**Questions:**

1. What is prayer and why is it important?
2. For you, what is the most difficult thing about prayer?
3. Do you know how to pray? When to pray?
4. What are some ways you could improve your prayer life?
5. Practice of prayer. Pick a time and a place to pray each day. You might even use a journal to write down specific prayer requests.

**Try using the following method of prayer:**

The **ACTS** Prayer Method

**A**doration – spend time praising God for who He is.

**C**onfession – spend time admitting your sins to the Lord. Ask for forgiveness.

**T**hanksgiving – spend time thanking God for what He has done.

**S**upplication – spend time praying for others and yourself. Ask God for specific things.