

WEEK 1: PRAYER

Read Matthew 6:5-13

What do we learn about God in this passage?

What is Jesus teaching His disciples?

What are you learning personally?

Read: Mark 1:35-37; Matthew 14:22-24; Mark 14:32-35

What do we learn about the role of prayer in Jesus' life?

What role does prayer currently play in your life?

Choose one of the following activities (or if you'd like, all 3) to practice daily this week:

1. Set aside 5-10 minutes each morning after you wake up, but before starting anything else, and before looking through notifications and news on your phone or computer, to spend time with God in prayer.
2. Pray the same prayer for 10 minutes each day. You could choose to repeat a phrase like "more of you, less of me," or perhaps choose a psalm to repeat, like Psalm 51:10, "Create in me a pure heart, O God, and renew a steadfast spirit within me."
3. Write an original prayer as a letter to God. Tell Him your hopes, dreams, worries, and needs. Confess your sins to Him and ask for His forgiveness. Be fully honest with Him, and invite Him into open communication with you. Pray this prayer letter every day this week.

As the week concludes, consider what you've learned about God and yourself this week.

Prayer:

Father, your name is great, powerful, and worthy of praise. May your will be done and the kingdom of Heaven be more and more evident here on earth. Give us what we need for today, and let us be satisfied in that. Help us to forgive others as you have forgiven us. Lead us on the path that makes us more like you, and give us your strength to resist sin in our lives.

In the name of Jesus, amen.

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