

## Life Group Discussion Guide

Seek First

January 16

### ANNOUNCEMENTS

#### Team Night | January 19, 7PM

A gathering at our Happy Valley Campus for all those who serve in ministry. We will worship, pray, and step into 2022 together.

#### Pursuit Night | January 23, 6PM

Join us at our Happy Valley Campus as we seek God together, worship, and pray for our families, church, community, and the world.

### LEADER NOTES

This week we continued our Seek First series with a message from Pastor Gareth focused on the practice of prayer. Too often, prayer is reduced to a way to communicate with God, and if we're not careful we can find ourselves just leaving God spiritual voicemails. However, if we recognize prayer as an opportunity to truly commune, or be with God, we can overcome the obstacles in our prayer lives. Jesus himself demonstrated this approach to prayer in the words of the Lord's Prayer.

### QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time, caught your attention, challenged you, or confused you?

### THIS WEEK'S TEXT

#### Matthew 6:9-13 (ESV)

Pray then like this:

*"Our Father in heaven,  
hallowed be your name.*

<sup>10</sup> *Your kingdom come,  
your will be done,  
on earth as it is in heaven.*

<sup>11</sup> *Give us this day our daily bread,*

<sup>12</sup> *and forgive us our debts,  
as we also have forgiven our debtors.*

<sup>13</sup> *And lead us not into temptation,  
but deliver us from evil.*

### PRAY

Begin your time by praying the Lord's Prayer together. Pause after each phrase to contemplate your own life. (Example: for "Give us this day our daily bread", contemplate and pray about your needs for today.)

### LOOK UP

Pastor Gareth noted that Jesus introduced his disciples to a new way to pray; one that went beyond simple communication with God. When Jesus prayed, it was to truly commune, or be with God. How do you see this exemplified in the words of the Lord's Prayer (this week's text)?

### LOOK AROUND

What are some of the most common distractions that get in the way of your rhythm of prayer? How could you minimize these distractions?

Have you ever felt like God wasn't listening to your prayers? If so, how did that affect your prayer life and view of God?

### LOOK AHEAD

Discuss how your first week of prayer and fasting has gone. What has been challenging? What have you heard from God?

What choices do you need to make this week in order to finish well?