

# Talking to God

a guilt-free guide to prayer

## Talking to God

Part 1: *Pray Like Jesus*

---

### Big Idea

Prayer isn't a performance; it's a posture.

---

### Key Scripture

- **Matthew 6:5-9**
- 

### Discussion Questions

- When do you find yourself praying most often—before meals, before bed, in crisis, on a flight, when someone you love is struggling?
- What was your experience of prayer growing up? Was it formal? Spontaneous? Awkward? Non-existent?
- Fill in the blank: “When I think about praying, I feel \_\_\_\_\_.”
- **Read Matthew 6:5-9.**
- What stands out to you from this passage?
- Why do you think Jesus started teaching on prayer by telling us how not to pray?
- Have you ever felt the pressure to curate a spiritual image? Where do you think that pressure comes from?

- How does seeing God as “Our Father” change the way you think about prayer? Be honest: is that hard or comforting for you? Why?
  - Jesus says God already knows what we need before we ask. Does that make prayer feel easier, harder, or unnecessary to you? Why?
  - How could remembering *where God sits* change the way you see what’s stressing you right now?
  - What would change in your daily life if you truly believed God was a loving Father who’s already on your side, instead of someone you have to convince or impress?
  - When was a time you felt God show up for you in a way that surprised you? (Even if it was small.)
  - What’s one barrier (fear, awkwardness, doubt) that keeps you from praying more honestly or more often?
- 

 **Challenge Question (For Takeaway):**

This week, take some time to share a prayer request, and pray for someone else:

<https://beyondchurch.churchcenter.com/people/forms/375132>