



Practicing the Way : Lord, Teach Us to Pray

20th September

Luke 11:1–13

11:1 One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his

disciples.”

2 He said to them, “When you pray, say: “Father, hallowed be your name, your kingdom come.

3 Give us each day our daily bread.

**4 Forgive us our sins,
for we also forgive everyone who sins against us.
And lead us not into temptation.”**

5 Then Jesus said to them, “Suppose you have a friend, and you go to him at midnight and say, ‘Friend, lend me three loaves of bread; 6 a friend of mine on a journey has come to me, and I have no food to offer him.’ 7 And suppose the one inside answers, ‘Don’t bother me. The door is already locked, and my children and I are in bed. I can’t get up and give you anything.’ 8 I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.

9 “So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 10 For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

11 “Which of you fathers, if your son asks for a fish, will give him a snake instead? 12 Or if he asks for an egg, will give him a scorpion? 13 If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

Philippians 4:4–9

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Take some time to be still. There is no right or wrong way to respond to these questions. You may want to write something down, sit quietly, or simply let a question stay with you.

Come as you are

Jesus begins his teaching on prayer with one simple word: **“Father.”**

- What comes to mind when you hear the invitation to call God “Father”?
- How easy or difficult do you find it to approach God just as you are?
- Is there anything that makes you feel you need to “get yourself together” before coming to God?

You don’t need fancy words

Prayer isn't a performance. It's relationship.

- If you spoke to God in exactly the same way you would speak to someone who knows and loves you, what might you say?
- Are there things you hold back from God because you feel you should pray “better”?
- What would it mean for you to become more comfortable simply talking to God in your own words?

Ask, seek, knock

Jesus says: **“Ask... seek... knock.”**

- What is on your heart at the moment that you could bring honestly to God?

- Is there a person, situation, decision, worry or need that you have been carrying on your own?
- What would it look like to bring that thing to God rather than simply carrying it yourself?

The Lord is near

Paul says, **“The Lord is near.”**

- What difference does it make to you to remember that God is near?
- When during your ordinary day do you most easily notice God?
- What might happen if, in the middle of an ordinary moment, you simply paused and prayed, **“Lord, you are here”**?

Prayer in ordinary life

Prayer doesn't have to be something we only do at a particular time or in a particular place.

- Where could prayer naturally become part of your ordinary day?
- What everyday moments could become little reminders to turn your attention towards God?
- Could you imagine praying while making coffee, driving, walking, working, cooking, waiting, or before going to sleep?
- What simple prayer might you carry with you this week — “Thank you,” “Help me,” “Give me wisdom,” “Be with them,” or simply, “You are here”?

A simple practice for this week

- What small step could you take this week to spend a little more time simply being with God?
- Would you like to try sitting quietly with God, praying the Lord’s Prayer slowly, talking honestly to God, or pausing during the day to remember that **the Lord is near**?
- When and where might you make space for that?

One final thought

We don't spend time with the people we love because we have to. We spend time with them because we **want to**.

And the more time we spend with someone, the more we come to know them — and often, the more we love them.

- What might God be inviting you into through prayer?
- Could prayer become less about trying to say the right things, and more about simply spending time with the God who already loves you?
- What would it look like this week to **be with God** in the middle of your ordinary life?

A prayer to finish

**Father, teach me to pray.
Help me to come to you as I am,
to talk to you honestly,
to listen for your presence,
and to recognise that you are near
in every part of my ordinary life.
Amen.**

Giving

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