





Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, "Lord, teach us to pray..."

Luke 11:1 NLT



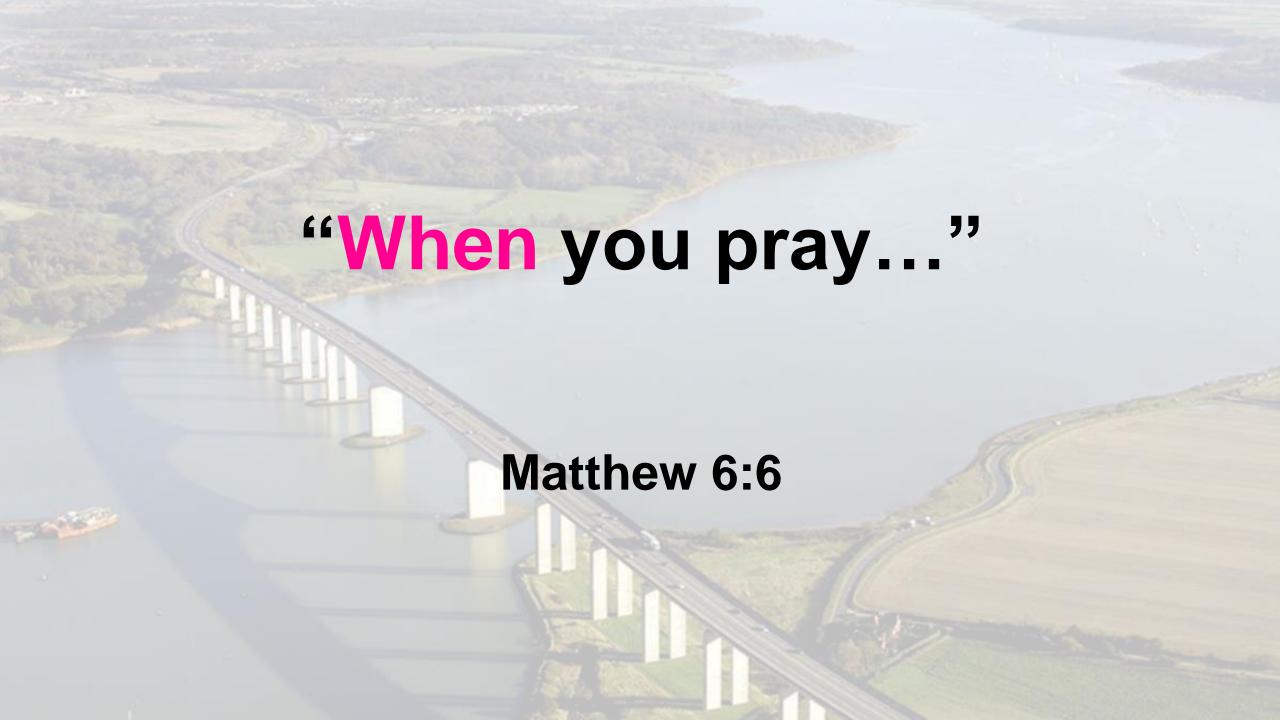


Dear God, please make my parents understand that if I don't eat salad, I do better at school.

Please forgive me for hiding my sister's favourite doll... and please don't tell her where it is.

Dear God...can you get me a Smartphone... Father Christmas must have forgot.





But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

Matthew 6:6

### The heart of prayer is not a formula or a pattern but a relationship

"When you pray, don't babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again.

Matthew 6:7

# Don't be like them, for your Father knows exactly what you need even before you ask him!

Matthew 6:7-8

Prayer is not so much about moving God to do what we want but by being moved by God to do what He wants

Pray like this: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Matthew 6:9-10 NLT

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"God is not simply a bigger version of our earthly dads; he's the perfect version of our earthly dads. And he's inviting us to walk in freedom as loved sons and daughters." Louie Giglio

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Matthew 6:9-10 NLT

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Matthew 6:9-10 NLT

## Be Still and know that I am God.

Psalm 46:10

## May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Matthew 6:10

## "For your Father knows what you need before you ask him."

Matthew 6:8

# The purpose of prayer is to surrender our will, not to impose it.

### The privilege of prayer is relationship, not transaction

#### The power of prayer is found in our connection with our heavenly Father

# Recognising... Submitting...

#### Establish a new habit:

Find a time
Find a place (alone)
Determine a frequency

"Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God.

"Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace."

Matthew 6:6. MSG

#### BETTER HABITS:

A spiritual habit/discipline is an activity that can help me gain power to live life as Jesus taught and modelled it.'

When will I create space this weekend to be alone with my heavenly Father?

Where is a place of least distraction in order to be still?

Who can I ask to hold me to account?