



## Watch before you begin

Scan to watch the Lesson 3 teaching video — a 12-minute companion to this lesson.

MY FIRST YEAR IN CHRIST • LESSON 3

# Talking to God

## BIG IDEA

Prayer is how you talk to your Father — and he's not grading your form.

## CORE SCRIPTURES

*Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil."*

— Matthew 6:9-13

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

— Philippians 4:6-7

## KEY CONCEPTS

Fill in the blanks as you read or as your group works through the lesson.

1. Many of us come to prayer treating it like a \_\_\_\_\_ instead of a conversation. Jesus calls that frame wrong.
2. Your Father already knows what you need before you ask. Prayer doesn't transfer information — it draws you into honest

\_\_\_\_\_ with him.

3. “Give us this day our \_\_\_\_\_.” Jesus built the rhythm of returning to God right into the request itself.
4. Paul says to bring \_\_\_\_\_ to God in prayer — not only the spiritual-sounding things.
5. The Spirit teaches us to cry out \_\_\_\_\_ — the language of a child, not a subject addressing a king.

## DISCUSSION QUESTIONS

*Work through these questions as a group. There are no wrong answers here — only honest ones.*

### ► OPENING — LOW STAKES

1. When you first tried to pray as a Christian, what did you expect it to feel like? What did it actually feel like?
2. Think about the prayers you grew up hearing — formal, casual, sung, silent. How did they shape your picture of how prayer is supposed to sound?

### ► CORE — HEART OF THE LESSON

3. Jesus says your Father already knows what you need before you ask him. Does that make prayer feel more or less urgent to you? What does it change about why you’d pray at all?
4. Paul says to bring everything to God — small, messy, angry, uncertain. What’s one thing you’ve been keeping out of your prayers, and what’s been keeping it out?
5. The Lord’s Prayer starts with God’s reality — your kingdom come, your will be done — before it gets to your needs. What might shift if every prayer of yours started there for a week?

### ► DEEPER — FOR COURAGEOUS GROUPS

6. Have you ever prayed and felt like nothing happened? What did you do with that silence? What does Psalm 13 suggest about what to do when God seems quiet?
7. The disciples watched Jesus pray for years and still asked him, “teach us to pray.” If you could ask him one specific thing about prayer, what would it be — and what’s the question underneath that question?

## **JOURNALING**

*Set aside 15-20 minutes with these prompts. Write honestly — no one grades these.*

**1** Write a prayer you've never prayed out loud — one you've kept hidden because it felt too small, too angry, too uncertain, or too unspiritual. Don't edit. Just say it on paper.

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**2** When was a moment in the past month you wish you had brought to God in real time, while it was happening? What kept you from doing it?

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**3** What's one thing about who God is that, if you really believed it this week, would change the way you pray? Name

it. Then sit with it.

### THIS WEEK

Pray once a day, out loud, when you're alone. Pick the topic you'd most rather skip. Five minutes. No agenda except honesty. If you run out of words, sit there. That counts as prayer too.

**Core Scriptures:** Matthew 6:9-13 • Philippians 4:6-7



### Want to go deeper?

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### ANSWERS

*Fill in the blanks as you read or as your group works through the lesson.*

1. [Performance](#)
2. [Relationship](#)
3. [Daily Bread](#)
4. [Everything](#)
5. [“Abba! Father!”](#)