

Googled- Sermon Series- 10/11

HOW DO I PRAY?

Matthew 6:5-13

Three Questions About Prayer

1. Why Do We Pray? (Matt. 6:5-6)

Matthew 6:5

- Don't pray to be seen by others.
- Don't seek attention or recognition.
- Praying for people's approval misses the purpose of prayer.

Matthew 6:6

- Pray privately.
- Pray to your Father.
- God sees what is done in secret.

Luke 5:16

- Jesus often withdrew to pray.
 - Prayer was a regular priority in Jesus' life.
 - Prayer is about spending time with God.
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2. Who Are We Trying to Get to Hear Us? (Matt. 6:7-8)

- Don't keep babbling.
 - Don't rely on many words.
 - God already knows your needs.
 - Prayer is directed toward God, not people.
 - Prayer is conversation with a loving Father.
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3. How Should We Pray? (Matt. 6:9-13)

Jesus gives a model prayer that teaches us what to seek.

Five Things We Should Seek

1. Seek God with a Heart of Worship

Matthew 6:9

- Honor God's name.
- Begin with praise.
- Focus on who God is.

2. Seek God's Priorities Over My Own

Matthew 6:10

- Seek God's kingdom.
- Seek God's will.
- Put God's agenda first.

Supporting Verses

- Matthew 6:33: Seek first His kingdom.
- Luke 22:42: "Not my will, but yours be done."

3. Seek God's Provision for Daily Needs

Matthew 6:11

- Depend on God daily.
- Trust God to provide.
- Bring your needs to Him.

4. Seek God's Forgiveness and Extend It to Others

Matthew 6:12

- Confess your sins.
- Receive God's forgiveness.
- Forgive others.

Supporting Verses

- 1 John 1:9: God forgives those who confess.
- Matthew 6:14-15: Forgive others as God forgives you.

5. Seek God's Power to Overcome Temptation

Matthew 6:13

- Ask for God's protection.
- Depend on God's strength.
- Seek deliverance from evil.

Supporting Verse

- James 1:13: God does not tempt anyone.

P-R-A-Y (Prayer Guide)

Prayer helps us grow closer to our Heavenly Father. P-R-A-Y gives you a simple pattern for your private prayer time. It reflects themes in the Lord's Prayer, though it follows a different order. Use it to get started, and speak honestly with God.

Try journaling as you pray. Writing your prayers can help you slow down, stay focused, and notice how God is working. Write a few sentences under each letter. You do not need perfect words.

P — Praise

Acknowledge who God is and thank Him for what He has done. Begin by remembering His character and His care for you.

Read Psalm 9:1–2

Ideas for prayer

- Thank God for His goodness, love, mercy, faithfulness, wisdom, and power.
- Praise Him for forgiveness and the gift of salvation through Jesus.
- Thank Him for daily provision, answered prayer, and strength in difficult times.
- Name specific blessings: people, opportunities, creation, and moments of joy.

Prayer starter: “Father, I praise You because You are _____. Thank You for _____.”

Journal prompt: What does today remind me about God's character? What can I thank Him for?

R — Repent

Confess specific sins and turn toward God. Agree with Him about what needs to change, receive His forgiveness through Jesus, and ask the Holy Spirit to help you obey.

Read 1 John 1:8–9

Ideas for prayer

- Confess sinful words, actions, attitudes, and things you have left undone.
- Bring pride, anger, dishonesty, bitterness, selfishness, or unbelief to God.
- Ask for help to forgive someone and make things right where you can.
- Thank God for His forgiveness and ask for strength to take a different path.

Prayer starter: “Lord, I confess _____. Please forgive me and help me change. My next step is _____.”

Journal prompt: What do I need to confess? What step of repentance can I take today?

A — Ask

Bring your needs and concerns to your Heavenly Father. Pray for yourself and others, trusting Him to answer according to His wisdom and love.

Read Matthew 7:7-11

Ideas for prayer

- Ask for wisdom, daily provision, peace, healing, and strength to resist temptation.
- Pray for your spouse, children, family, friends, and people who are hurting.
- Pray for your church, pastors, Growth Group, community, and those in leadership.
- Pray for people who need to know Jesus and opportunities to share His love.

Prayer starter: “Father, I bring ____ to You. Please help _____. I trust Your wisdom and timing.”

Journal prompt: What am I carrying today? Who needs prayer? What specific request can I write down?

Y — Yield

Surrender your plans to God’s will. Be quiet, reflect on Scripture, and listen prayerfully. Ask Him to help you follow through with what He has already shown you.

Read Matthew 6:10; Psalm 46:10

Ideas for prayer

- Surrender a decision, relationship, worry, expectation, or outcome to God.
- Ask, “Lord, where do I need to follow Your will instead of insisting on my own?”
- Read a short Scripture passage slowly and consider how to respond.
- Write down thoughts or promptings and test them against Scripture. Seek wise counsel when needed.

Prayer starter: “Father, Your will be done. I surrender ____ to You. Help me obey what You show me.”

Journal prompt: What does Scripture show me? What do I need to surrender? What is my next step of obedience?

Make Journaling Part of Your Rhythm

Choose a quiet place and a regular time. Write the date, a Scripture passage, and a few lines for each part of P-R-A-Y. Leave room to record answers and next steps. As you look back, notice how God has provided, guided, and helped you grow.

You do not need to force a thought or feel something every time you pray. Keep coming to God, grounding your prayers in His Word, and trusting that He hears you.