



**Prayer- spending time with our heavenly father  
February 9, 2025 | Matthew 6:5-15  
Questions for Study and Group Discussion**

*Read Matthew 6:1, 5-15.*

OPENING (*After the opening questions pick one of the following sections to discuss.*)

Share your experiences with prayer positive and negative

Prayer is often described as "spending time with our heavenly Father." What do you find helpful or unhelpful about this definition?

Jesus refers to God as "Father" 14 times in the Sermon on the Mount, including 4 times in today's passage. When you hear the word "father," what comes to mind?

How does understanding God as Father shape the way we approach prayer?

UNDERSTANDING RELIGIOUS HYPOCRISY & PRAYER:

Why is religious hypocrisy such a big deal to Jesus?

How does hypocrisy specifically affect our prayers and relationship with God?

THE ROLE OF A "PRAYER ROOM":

Do you have a specific place or routine for prayer? If so, how has it shaped your time with God?

Read Mark 1:35, 6:46, and 14:32. What do these passages teach us about Jesus' practice of setting aside time and space for prayer?

How can we practically follow Jesus' example in our own prayer lives?

THE LORD'S PRAYER (MATTHEW 6:9-13) Look at each petition in the Lord's Prayer. Discuss:

What does it reveal about God?

What does it teach us about ourselves?

How should it shape our prayers?

FORGIVENESS (14-15):

Why is forgiveness such a big deal in Jesus' teaching? Why is it directly linked to prayer?

How and why does our forgiveness of others reflect God's forgiveness of us?

Fill in the blanks:

Forgiveness is NOT \_\_\_\_\_

Forgiveness IS \_\_\_\_\_

Are you holding onto unforgiveness or bitterness that may be keeping you from freedom in Christ?

For further study on forgiveness, read and discuss Matthew 18:21-35.

## BONUS: FORGIVENESS IN THE SERMON ON THE MOUNT

Looking back at Matthew 5:21-48, how does forgiveness relate to these teachings?

Murder (5:21-26) – How does forgiveness prevent anger from taking root?

Adultery (5:27-30) – How might forgiveness be necessary in the aftermath of broken trust?

Divorce (5:31-32) – How does a lack of forgiveness contribute to relational breakdown?

Oaths (5:33-37) – How does honesty relate to a forgiving heart?

Eye for an Eye (5:38-42) – How does forgiveness challenge our natural instinct for justice?

Love Your Neighbor (5:43-48) – How does forgiving our enemies reflect the character of God?