



## QUIET, PLEASE!

### Ice Breakers

- Ever feel like telling someone to be quiet? Why?
- When's the last time you had to tell someone to be quiet?
- Why did you ask them to be quiet?
- Do you personally need quiet times?



**NOTE:** A hunter learns to be quiet going to the stand, getting into the stand, and leaving the stand!

- Why would this be important to hunting?
- Is it important to be still before the Lord? Why?

### Read Exodus 14:12-14

- What are the Israelites found doing in verse 12?
- What does Moses tell them to do in verse 13?
- What does Moses tell them to do in verse 14?
- What does it mean to "be still"?

### Read Psalm 46:10

- What is the psalmist telling us to do?
- Do you ever feel too distracted or too busy to pray?



- How do you eliminate distractions from prayer?
- How do you free up time to pray?

**NOTE:** Jesus was extremely busy! But He always seemed to find time to be quiet and pray! It was intentional on His part!

- Have someone look up and read the following scriptures. How did Jesus deal with distractions and busyness in each scripture?

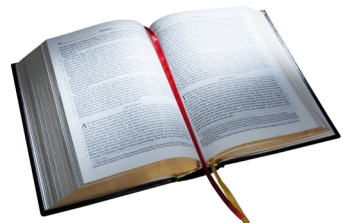
### Read Luke 5:16

**Mark 1:35**

**Luke 6:12**

**Mark 14:32**

**Mark 6:31-46**

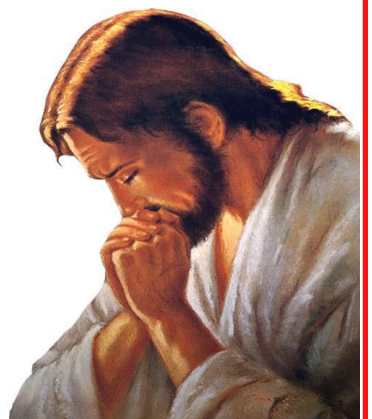


### NOTE:

Jesus knew prayer requires right ATMOSPHERE!

According to the verses,

- Did Jesus give up on praying?
- What times of day did He pray?
- Did He have regular prayer times?
- What were His quiet places in each scripture?



- Do you have a quiet place?
- Are you too busy to pray?
- What do you think of this statement?

"Physical busyness leads to Spiritual laziness."

## NOTE:

Jesus knew prayer requires right STRUCTURE!

In Matthew 6:9-15, Jesus shares this prayer as a "HOW TO PRAY" teaching moment. It is our belief that this prayer is not to be repeated in mechanical fashion as if God would be impressed with how accurate and frequently we say it, but rather as an example, a type, a model.



## Read Matthew 6:9-15.

### 3 Elements of the Lord's Prayer

#### Read Verse 9.

#### 1. Praise.

## NOTE:

Hallowed means "holy" - focusing on God & His attributes.

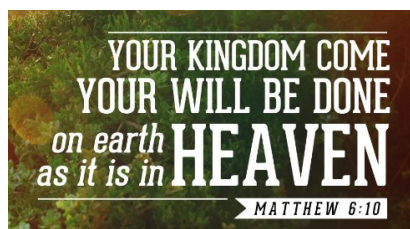
- Do you praise God in your prayers?
- Is it the first thing you do?
- What do many people do first in prayer?

#### Read Verse 10.

#### 2. Submission

## NOTE:

For God's will to be done, it requires us to be submitted to God and what He wants for our lives!



Prayer is not about getting God to submit to our will but rather us submitting to His will!

- Have you ever prayed "my will be done"?
- Are your wants and desires under His control?

## Read Verse 11.

#### 3. Petition.

## NOTE:

This is the asking stage. Notice it is last after you praise & submit to Him.



### 5 Things to Ask/Petition Him For:

#### 1. to P\_\_\_\_\_ (verse 11)

- What do you need God to provide?

#### 2. to F\_\_\_\_\_ you. (verse 12)

- What do you need forgiven from?



#### 3. to help you F\_\_\_\_\_ others. (verse 12)

- Who do you need forgive?

#### 4. to L\_\_\_\_\_ you. (verse 13)

- What do you need lead to do?

#### 5. to D\_\_\_\_\_ you. (verse 13)

- What do you need deliverance from?

### Wrap Up/Application

- As a group, come up with some ideas for quiet places.
- As a group, practice this structure of praise, submission and petition.
- Assign one person to each of these for closing prayer.