



week four

## three directional prayer

### bottom line

Practicing an approachable pattern of prayer leads to greater intimacy with God.



### corresponding teaching content

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Invite your group members to watch the corresponding teaching by Pastor Neil on [LivingInhabit.com](http://LivingInhabit.com)'s Media page before you begin this week's discussion guide.

### group icebreaker

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What was the first 3D movie you remember seeing in theatre?

### reading scripture together

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Read The Lord's Prayer (maybe multiple versions) — Matthew 6:5-15.

**play today's group intro video**



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### suggested discussion questions

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#### getting connected with scripture:

- Last week's message focussed on *The Lord's Prayer* and we're reviewing it in groups this week. How does Jesus' framework for prayer compare to the hypocrites and pagans of His day? How does it compare to prayers you hear today?
- Which parts of the Lord's prayer would you identify as:
  - Upward Prayer such as praise, adoration and thanksgiving?
  - Inward Prayer such as confession, repentance, receiving forgiveness?
  - Outward Prayer such as asking for help for ourselves or others?

#### getting real with each other:

- Read Verse 12 again, along with Verses 14-15. In what ways does this aspect of prayer seem reasonable to you? In what ways does it trouble or caution you?
- Which direction of prayer—Upward, Inward, or Outward—is most neglected in your prayer life and why do you think that is?
- **Reflection Question:** *Timothy Keller says, "Our prayer life is the place where we should examine our lives and find the sins that otherwise we would be too insensitive or busy to acknowledge." Quietly ask the Lord to search you and show you anything He'd have you confess today.*

#### getting practical with our faith:

- What kinds of things might we ask for in the category of "daily bread?"
- What kinds of Outward prayers should we pray—beyond the physical, "daily bread" sort? Be inspired by verses 10 and 13 ("*temptation*" is also translated *trial/test*).
- Share ideas of how you might incorporate 3-Directional Prayer in your abiding time.