

How Jesus Prayed (And What He Said About It)

There's much to be gained when we listen to what Jesus said about prayer and look at how Jesus prayed: his priority on getting time with God, his teachings to encourage us in resilient prayers, and even the intimate prayers recorded in the Gospels between God the Father and God the Son. It's all there for us to experience communion with God when we follow Jesus into the secret place of prayer.

Week 1: Get to the Secret Place

- 1. Start with this icebreaker:** Have everyone in the room finish this sentence. *If you really knew me, you'd know ____*. It can be anything – a fun fact from childhood, a lesser known hobby, a song you secretly love or food you secretly hate. **After the game:** The message started with a twist on this game. If you really knew Jesus, you'd know...he was a man of prayer. Let's look at some examples...
- 2.** At the start of the day... read Mark 1:35.
At the end of the day... read Matthew 14:23
In busy seasons...read Luke 5:15-16
Before big decisions...read Luke 6:12-16
In a desperate moment...read Matthew 26:36
Prayer anchored the pace of Jesus' life. It was his first response and the last resort, his personal rhythm and daily priority. How has prayer been integrated into your life? Do you have basic rhythms to withdraw in prayer? If so, what are they?
- 3. Read Luke 3:21-22 and Luke 9:28-35. Prayer became the place of encounter** for Jesus. It's where he heard from his Father. This becomes true for the followers of Jesus in Acts (see Acts 4:31, Acts 9:11-12, Acts 10:30-32, & 10:9-11). Have you experienced an encounter with God in prayer? A time when you felt His presence, had a Scripture speak loudly to your heart, or even felt like you heard from the Lord? Share about it with the group.
- 4. Read Luke 11:1. If you follow Jesus he will lead you to the secret place.** Talking about our rhythms of prayer can produce healthy conviction but also unhealthy guilt. Finish by praying together. Ask Jesus to teach you to pray, and ask the Holy Spirit to provide healthy conviction without condemnation for any changes in our life that need to be made so we can follow Jesus into the secret place of prayer.

