

Pray

Matthew 6:5-15

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

How does Jesus tell his followers to pray, and what does the prayer he gives focus on?

2. What does it show me about people — and about myself?

How does your praying compare with the way Jesus describes here?

3. What will I obey this week? (a concrete step, with a day)

Using Jesus' prayer as a pattern, how will you pray this week?

4. Who will I tell?

Who is there to forgive, as this prayer asks?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father, thank you that you see in secret and know what I need. Teach me to pray simply and to forgive as I have been forgiven.



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