

Learn to pray

Matthew 6:5-13

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 say to pray, and how not to (vv. 5-7)?

What does this prayer show about the Father?

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

Which line of the prayer do you most need to pray today?

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

When and where will you pray this week the way Jesus taught?

4. Who will I tell?

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, teach me to pray. I am new at this — help me talk with you simply and honestly.
