



## PART 4: HELP ME SEE

The way we pray, what we pray, and why we pray is shaped by our view of God and what we think he is like. If we reduce God to a conscience cleanser with a really short memory or a lifeguard who sprints in to save us, we will reduce prayer to informing God of our needs, wants, and wishes.

### CONNECT

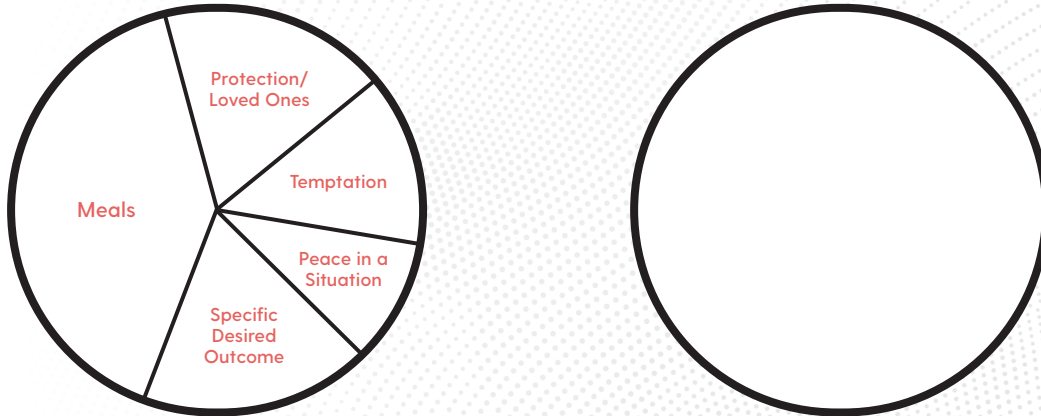
Answer the following questions individually. Once everyone has finished, discuss the questions on the following page.

1. About how many minutes do you think you've prayed during the last seven days? \_\_\_\_\_
2. In the list that follows, place a checkmark by the most common reason(s) you've prayed over the last seven days. "In the last week, I've prayed in order to..."
  - Ask for a specific desired outcome.
  - Ask for protection of loved ones.
  - Ask for wisdom about an upcoming decision.
  - Express anger about something that happened.
  - Express regret or ask forgiveness for something.
  - Express thankfulness for a meal.
  - Express thankfulness for something other than a meal.
  - Gain a better understanding of something in the Bible.
  - Get help in improving a particular area of my life.
  - Overcome a temptation I'm facing.
  - See another person become a Christian.
  - Seek peace during a difficult time.
  - Tell God how great he is.
  - Stay calm or focused in an upcoming stressful situation.
  - Other



# GROWN-UP PRAYERS

3. Make a pie chart that represents the amount of time you spent in prayer for each of your reasons.



Discuss these questions with your group:

- How did you feel doing this exercise the second time? Why did you feel that way?
- Compare your responses this time to the ones during Part 1. Do they reflect the changes you wanted to make?
- What is one change you have seen in your prayer life over the last several weeks?

## LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what you talked about today.

## APPLY

After giving your group members an opportunity to share what stood out from the video, discuss the following questions as a group:

1. Read **John 14:9**. What stands out from this verse? What does this verse tell us about Jesus and the Father?
2. In the video, Andy said, "Do you want to see? Most people don't." Why do you think that is? Do you agree? What does seeing as God sees cost us?





# GROWN-UP PRAYERS

3. In the video, Andy said, “The purpose of prayer is to align our wills with God’s will. And that becomes much easier when we see the world—and the people in the world—the way he does.” Why do you think this is the case?
4. Consider Sandra’s version of the prayer in **Luke 18:41**: “Let the things that bring you joy bring me joy. Let the things that break your heart break my heart.”  
  
How do you think praying this would impact you?
5. Which one of the three obstacles Andy shared (past, personality, prejudices/preferences) do you tend to struggle with as it relates to the way you see others?
6. Read **John 8:31–32**. Have you experienced knowing the truth?

## WRAP UP

Seeing what we’ve been unable to see—what we’ve been unwilling to see—requires humility. It requires living with an open mind and open hands. As Jesus followers, we shouldn’t resist that. This week, prioritize time to pray this prayer: “Heavenly Father, I want to see. Enable me to see beyond my past, my personality, and my prejudices.”

Over the course of this study, we have walked through Jesus’s prayer, but it is important to remember that Jesus’s prayer is a pattern for how we should pray. It represents a posture and perspective for prayer while sharing its purpose: to get our hearts in tune with our heavenly Father.

## PRAY

Posture is an important piece of prayer, and to finish this study, we encourage you to pray on your knees as a group. Pray Jesus’s prayer together out loud.

Our Father in heaven,  
hallowed be your name,  
your kingdom come, your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from the evil one. Amen.

(**Matthew 6:9–13**)

