



# *Transformative* **PRAYER**

## **A LITTLE ABOUT PRAYER**

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Talking to God is a practice that, while simple, can sometimes feel hard and complicated to do. Many in our wider society would see prayer as a "Break in Case of Emergency" box. It would be in those moments when nothing else can suffice that they reach out to God. Others might see it as their shopping list for life, talking with God when they need something fixed, delivered or healed. For others it would be a more therapeutic habit, confessing and processing their life with an external presence. These are just a few of the many ways people see prayer, although they are not the whole picture. The question being posed this month is **"What does Prayer do to us?"**

In Luke 11 we see the disciples ask Jesus to teach them how to pray. They are asking their Rabbi (Teacher), not what words to say necessarily or the correct sentence structure, after all they are good Jewish boys who know 'what to pray'. They are asking to pray like He does, to have the relationship with the Father that Jesus seems to have; powerful, connected, and intimate. A Prayer that is Transformative. This is what we seek to unpack this month.

***"Prayer that transforms us & the world"***

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## KEY VERSES

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*Matthew 6:9–13*

*1 Thessalonians 5:16–18*

*Philippians 4:6–7*

*1 John 5:14–15*

*Matthew 6:5–8*

*Hebrews 4:16*

*Pslams 100*

*Matthew 26:39*

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## MEDIA

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Scan the QR code for Videos to help  
with you exploration or small table  
discussion --->



[transformationtrek.online](https://transformationtrek.online)



# SMALL TABLE

## TREKKING TOGETHER

**PRAYER IS OBVIOUSLY AN INDIVIDUAL PRACTICE AT TIMES, BUT THERE IS POWER IN PRACTICING AND EXPLORING PRAYER TOGETHER. BELOW IS A GUIDE TO HELP SMALL TABLES WRESTLE, ENCOURAGE AND CHALLENGE EACH OTHER THROUGH THE PRACTICE OF PRAYER AND THE TRANSFORMATION IT BRINGS.**

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### WEEKLY CHALLENGE

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#### **WEEK 1 - PRAYERS OF WORSHIP, GRATITUDE & PRAISE**

**WATCH VIDEO PART 1 & READ/REFLECT ON MATTHEW 6:9-13 & PSALM 100**

#### **QUESTIONS & CHALLENGES:**

**READ MATTHEW 6:9-13 TOGETHER OUT LOUD**

WHAT TYPE OF THINGS BRING YOU TO PRAY?

WHAT TYPES OF THINGS DO YOU ASK FOR WHEN YOU PRAY?

LOOKING AT THE "LORDS PRAYER", WHAT THING DID JESUS PRAY FOR?

HOW DOES YOUR PRAYER LIFE DIFFER FROM JESUS?

#### **PERSONAL CHALLENGE: ASK GOD TO HELP YOU PRAY**

#### **WEEK 2 - PRAYERS OF CONFESSION, REPENTANCE & REFLECTION**

**WATCH VIDEO PART 2 & READ/REFLECT ON MATTHEW 6:9-13 & 1 JOHN 1:9, ACTS 3:19**

#### **QUESTIONS & CHALLENGES:**

**READ MATTHEW 6:9-13 TOGETHER OUT LOUD**

WHAT COMES TO MIND WHEN YOU THINK ABOUT REPENTANCE?

WHAT DO THESE VERSES TELL YOU ABOUT REPENTANCE?

WHAT DO YOU LIKE & DISLIKE ABOUT THE PRACTICE OF REPENTANCE?

WHAT ARE YOU TAKING AWAY FROM THIS WEEK?

#### **PERSONAL CHALLENGE: FIND SOME TIME TO REFLECT & REPENT**



# SMALL TABLE

## TREKKING TOGETHER

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### WEEKLY CHALLENGE

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#### **WEEK 3 - PRAYERS OF INTERCESSION AND PETITION**

WATCH VIDEO PART 3 & READ/REFLECT ON **MATTHEW 6:9-13 & HEBREWS 7:25 & PHILIPPIANS 4:6-7**

#### **QUESTIONS & CHALLENGES:**

**READ MATTHEW 6:9-13 TOGETHER OUT LOUD**

WHAT THINGS DO YOU ASK GOD FOR?

CAN YOU RECALL A TIME/STORY WHEN YOU GOT IT OR IT WAS ANSWERED?

LOOKING AT THE 'LORDS PRAYER' WHAT THING DID JESUS ASK FOR?

HOW OFTEN DO YOU PRAY FOR OTHERS BEST INTEREST?

WHAT CAN YOU TAKE FROM THIS WEEK?

**PERSONAL CHALLENGE: PRAY FOR SOMEONE DAILY THIS WEEK**

#### **WEEK 4 - PRAYERS OF SURRENDER AND REQUEST**

WATCH VIDEO PART 2 & READ/REFLECT ON **MATTHEW 6:9-13 & MATTHEW 26:36-46**

#### **QUESTIONS & CHALLENGES:**

**READ MATTHEW 6:9-13 TOGETHER OUT LOUD**

WHAT HAVE YOU LEARNT ABOUT HOW JESUS PRAYED IN THESE VERSES?

WHAT DO YOU THINK IT MEANS TO PRAY 'YOUR WILL BE DONE'?

WHAT IS SCARY OR UNCOMFORTABLE ABOUT PRAYING FOR GODS WILL?

WHAT ARE YOU TAKING AWAY FROM THIS PRACTICE INTO YOUR REGULAR LIFE RHYTHM?

**PERSONAL CHALLENGE: PRAY FOR GODS WILL IN YOUR LIFE**



## Gratitude Focused Prayers

*Start each morning with a Prayer of Gratitude. Don't ask for anything, just thank God for all he has blessed you with and the opportunity of a new day.*

**Journal or reflect on how this Transforms your day?**

*Friday night, finish the week by thanking God for all he has done. For those with young families, each list 1 thing they're thankful for - include everyone! (Perfect Family Dinner Conversation).*

**Journal or reflect on how this Transforms your Week?**

*The next issue or problem you face, instead of turning to Google, a friend or even family first, Speak to God. Ask Him & give it to Him. Google all you want after this , but practice giving it to God first.*

**Journal or reflect on how this Transforms your Month?**

*Super challenge: Try what is called a "Daily Office Practice". Set an alarm 3 times a day to stop & acknowledge God's presence and pray.*

**Journal or reflect on what this did in you this Month?**

## Listening Prayer

Listening prayer helps us to deepen the ability to hear God and see him at work in our lives.

- **Set time in your day to stop in the quiet with God.**
  - Set your morning alarm 5 minutes earlier and, before you touch your phone, stop with God.
  - Try to quiet down the external noise around you.
- **Take a few deep breaths to be present and calm your mind.**
- **Say a simple prayer asking God to be with you in the quiet and to speak to you.**
  - Start with 3 minutes and each time you do it, seek to go a little longer.
  - You could think about a verse or phrase you might meditate on e.g. "Be still and know I am God"
- **When your mind wanders, gently acknowledge the distraction and return your attention to your verse or breathing.**
  - If you feel God say or lead your thoughts somewhere, write it down.
  - Slowly transition back into your day with a prayer of gratitude.

The exercises above will help you lean into the below verse from Jesus in Matthew 6.

## The Lords Prayer

***(Praying & Seeing the World like Jesus)***

*Make this prayer a pursuit to do each day for a week.*

***"Our Father in heaven, hallowed be Your Name"***

*Pray in a way today that reminds you of God's Goodness, His Holiness and all that He is doing and done.*

***"Your kingdom come, Your will be done on earth as it is in Heaven."***

*Reflect & Pray on all you do during the week. Whose will is being done? Whose kingdom is being built? Are there areas that God is hoping to burst through in? Are there people that God has sent you to?*

***"Give us this day our daily bread"***

*A chance to pray a prayer of thankfulness for everything God provides that we need. This is also a chance to bring your requests before Him, in trust that He provides for our needs and always has.*

***"And forgive us our debts, as we also have forgiven our debtors"***

*A chance to pray a prayer of thankfulness for God's redemption. A reminder that we are not perfect, that we are broken. This is a chance to repent & remember God's heart to restore and redeem us. Ask God to move our heart towards others in the same way, that we may forgive & restore.*

***"And lead us not into temptation, but deliver us from evil."***

*A prayer of protection, acknowledging the spiritual warfare at work behind the scenes. Ask God to keep you on the Trek you have started, in Him & with Him.*



# FAMILY PRACTICE

Prayer together as a family can help establish lifelong rhythms of connecting with God throughout the day. A great way to ensure we are praying with our families is to set daily 'checkpoints' of prayer together. These could include:

- **Mornings** - Before going to work or school, the family meets for prayer to thank the Lord for the day ahead, and ask for his protection, presence and leading.
- **Food** - Praying together each time you gather for food is a simple way to encourage our families to express gratitude toward God. Thanking God during family meals for our blessings is a great way to model hearts of gratitude in prayer.
- **Bedtime** - Praying with our children and as a family each night is a great opportunity to thank God for the day, and turn the events of each day over to God. Bedtime is a great opportunity to open conversations with our children about what was good or bad about their day, and bring both to God in prayer and leaving what we cannot control in His hands.

These don't need to be the only times we pray as families, but setting up times where we schedule prayer together can help set up a lifestyle of prayer that brings us closer together with our God.



A close-up photograph of several hands holding white ceramic mugs on a light-colored surface. The hands are positioned as if they are about to clink the mugs together. The lighting is soft and natural, creating a warm and intimate atmosphere.

# DISCIPLESHIP TOOL

## THE 3 Rs

Here is a basic conversation tool you can use for your discipleship relationships. Using the 3 Rs you can be a disciple that makes disciples.

## RELATIONSHIP

As Jesus invited the disciples to walk with Him so we invite others into our lives. Sharing our life with one another grows deep connections for lasting change, by living vulnerably and authentically with one another.

*Suggested Qs: How has your week been? What has been a high and low moment in your life recently? Where have you seen God at work lately?*

## REALIGN

Transformation in our lives happens best when we align our lives with God's good and perfect will. To become like Jesus we need to realign our minds to the truth of the Bible and be shaped by the Holy Spirit. This could be through a book, verse, or trek practice.

*Suggested Qs: What do you think God is saying to you in this moment? What does scripture say about this? What do you find challenging/encouraging from this passage?*

Helpful tool: Jesus had 3 core relationships that he made a priority. (His relationship with God the Father, His community and the Lost). Q. Which Relationship is God challenging you to make a priority at the moment?

## RESPONSE

To be transformed we need to respond in obedience to Jesus' invitation to walk His way. We don't do this alone but can support one another through encouragement and prayer.

*Suggested Qs: What are you going to do about what God is saying? What is your first step? How can we support and pray for each other?*