



JOURNEY THROUGH LENT

Prayer

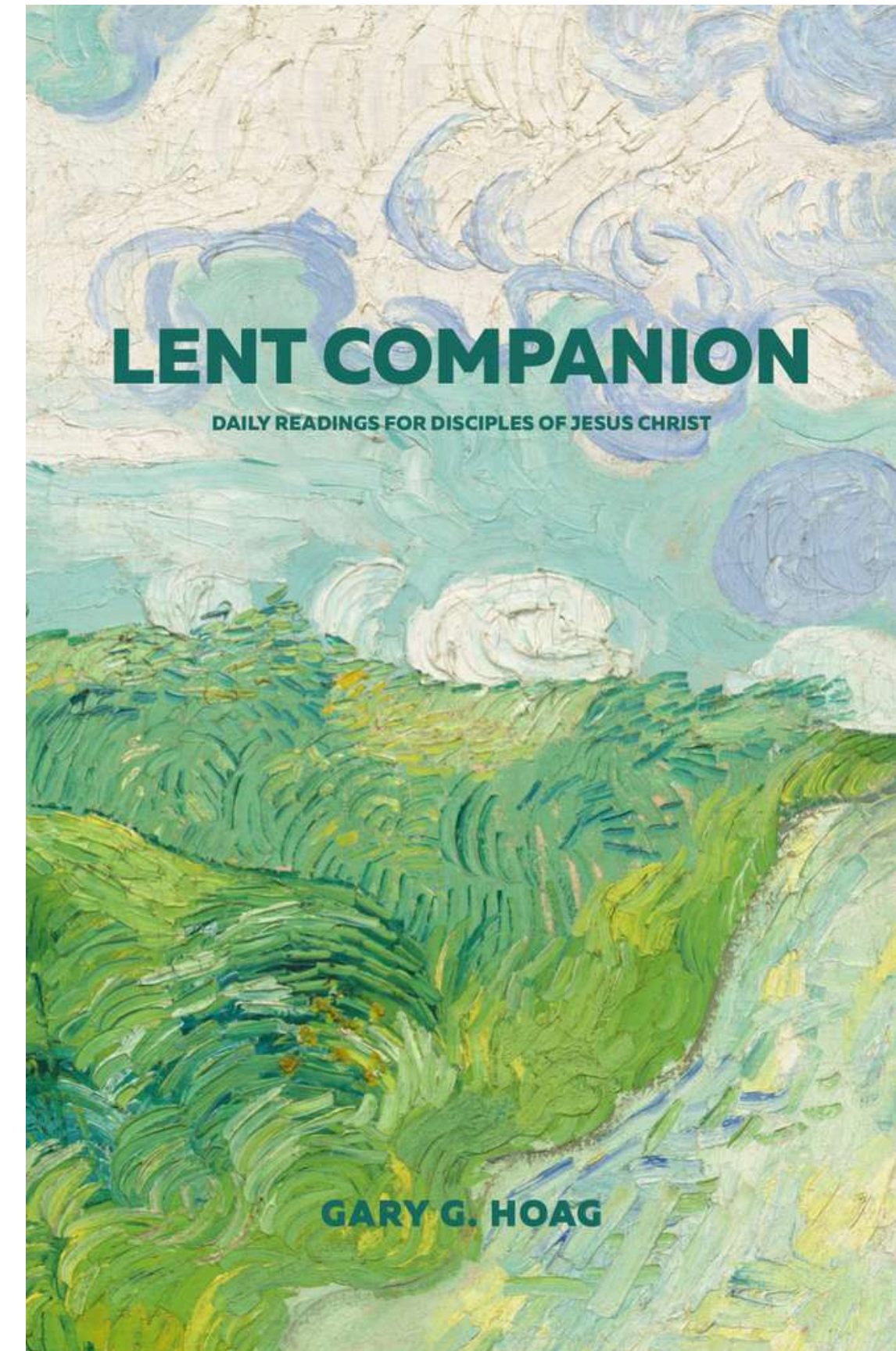
17 March 2025, 11 am GMT

What is Lent?

Lent is a season when followers of Christ focus on understanding and practicing the formational disciplines of giving, prayer, and fasting. We observe it from 5 March to 20 April 2025.

Journey with GTP

By reading Lent Companion and joining 4 Zoom meetings on Giving, Praying, Fasting, and Life After Lent.





Sermon on the Mount

Jesus gives us specific instructions

When you give...

When you pray...

When you fast...

He wants us to practice these disciplines for our good and His glory.

We will look together at His instructions from Matthew 6 in these Zooms meetings.



Warning Label for Lent

"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven."

Matthew 6:1

**Be careful.
Do Lent for
yourself and
for God,
not for people.**



Matthew 6:5-15 and Prayer

5 "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. 7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. 8 Do not be like them, for your Father knows what you need before you ask him.



Matthew 6:5-15 and Prayer

9 "This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one. 14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.



Matthew 6:5-6

5 "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

**Don't pray
to be seen.
Pray to our
unseen God
in secret.**



Matthew 6:7-8

*7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.
8 Do not be like them, for your Father knows what you need before you ask him.*

Don't babble lots of words. Only believe that God hears and knows your needs.



Matthew 6:9-13

9 "This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation, but deliver us from the evil one.

**Prayer is
not proud
recitation.
It is humble
petition.**

An abstract painting featuring dense, textured green foliage. The brushstrokes are thick and expressive, with various shades of green, teal, and yellow. The overall effect is a vibrant, almost abstract representation of nature.

Christine Vladimiroff on Prayer

"Seek God in prayer and silence. Taken alone, we can romanticize this aspect of our life. We can desire to pitch our tent on Mount Tabor and sit with God..."

There is a parallel journey—the journey outward. We live in community to grow in sensitivity to the needs of others. The only competition allowed is to outstrip each other in showing love and respect..."

The key is always to maintain both journeys—inward and outward."



See the Structure of the Prayer

Hallowed be your name

Your kingdom come

Your will be done on earth as it is in heaven

Give us this day our daily bread

Forgive us our debts as we also have forgiven our debtors

Lead us not into temptation

Deliver us from the evil one

Inward and Outward. Dependence and Deliverance.



Matthew 6:14-15

14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.

If you don't serve as a conduit of forgiveness, you will not experience forgiveness. Forgiven people forgive others.

BREAKOUT DISCUSSION

Let's reflect together.

Take notes to share with the group or in the chat.

***What stands out to you in this lesson on prayer:
secrecy / simplicity ... inward / outward ...
dependency / deliverance ... forgiven / forgive ...
or something else?***



Five Practical Tips for Prayer

1. Pray a name for God and a request to God.

“Jesus, Son of David, have mercy on me!” Mark 10:47

Father in heaven, thank you for your love to me.

Jesus, help me believe the truth about your grace.

Holy Spirit, teach me to use my gifts.

Gracious Lord, grant me favor in my service to you.

Sovereign God, show me the way I should go.

**Pray
simple
prayers.**



Five Practical Tips for Prayer

2. Pray in a specific and secret place.
"Close the door" Matthew 6:6.

Choose a room in your home.

Pray while doing a specific activity.

Adopt a rhythm to facilitate regular prayer.

**Pick a
prayer
closet.**



Five Practical Tips for Prayer

3. Pray following a pattern to focus your prayer
(see PRAY example).

P – Praise (start by giving thanks to God)

R – Repentance (Ask God to forgive you your sins)

A – Ask (Lift up requests for others)

Y – Yield (Bring your personal requests to God)

**Follow
a prayer
pattern.**

An impressionistic painting of dense green foliage, possibly ferns or similar plants, with visible brushstrokes in various shades of green and yellow. The texture is thick and layered.

Five Practical Tips for Prayer

4. Make specific requests or petitions with thanksgiving. Philippians 4:6–7

Count your blessings.
Alphabet blessings.
Make specific requests.

**Make specific
and collective
petitions to
God with
thanksgiving.**



Five Practical Tips for Prayer

5. Pray the Surrender Novena

“Cast all your cares on Him” 1 Peter 5:7.

“Jesus, I surrender myself to you, take care of everything” (10 times).

**Surrender
everything to
Jesus
repeatedly
and daily.**

APPLICATION CHAT

1. Pray simple prayers.
2. Pick a prayer closet.
3. Follow a prayer pattern.
4. Make specific and collective petitions to God with thanksgiving.
5. Surrender everything to Jesus repeatedly and daily.

Pick one of the tips. What if you did it?



JOURNEY THROUGH LENT

Read *Lent Companion* daily. Download it at
www.gtp.org/resources/ebooks/len-companion/

Join us for upcoming Zoom meetings:

On Fasting – 31 March 2025 at 11 am GMT

On Life after Lent – 21 April 2025 at 11 am GMT

Do Lent with GTP and invite a friend.



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