



**Date:** July 16th, 2023

**Title:** Invitation For Freedom

**Scripture:** Matthew 6:5-15

### **Introduction to Analog**

The word, Analog, means “something that is similar or comparable to something else.” Analog is designed to be a tangible way to take another, deeper, look into each week’s Sunday morning message. Individuals, friends, small groups, and families can use Analog for further discussion and exploration of the Sunday teaching. May this tool help you explore the expansive heart of God and practice love in the ways of Jesus.

### **Teaching Season**

When Jesus’ teaches his disciples to pray, he speaks 57 words. While brief, Jesus’ prayer covers every corner of our life; past (forgive), present (give us bread) and future (deliverance). We will explore the breadth and depth of these well-known words, how we can continue to pray them in a fresh way, and why they have had such staying power for over 2,000 years.

### **Teaching**

The Lord’s Prayer is a rare example of Jesus being very direct, “when you pray, pray like this...”. This does not mean we have to pray these literal words, though we can. But it does mean that Jesus gives us a framework for how and what we are invited to pray for. On top of how to pray, Jesus gives some examples of what not do to. We explored what this might look like to switch our thinking from obligation to taking up the freedom Jesus is offering us through this prayer.

Listen to the teaching [online](#) or on the DCC App

**Opening Question for the Group:** Start your group discussion with the question below.

1) If you were a kitchen utensil, what would you be and why?

### **Questions for Discussion or Reflection**

Here are some questions for discussion or reflection. Don’t feel like you have to cover them all, and you may have questions of your own to ask. The Spiritual Practice for this week could be very meaningful for you or your group, so plan on 10 minutes or so for

this exercise. If you are using this in a group context, read through these questions and the Spiritual Practice before your group meets to familiarize yourself with this material. You may want to send this out to the group before you meet.

1. What experience, if any, did you have with The Lord's Prayer or other pre-written prayers (i.e. praying the rosary), growing up as a child?
2. What about as an adult?
3. As you move through the Lord's Prayer, consider these categories... God's character, God's Kingdom, God's provision, God's forgiveness, God's guidance, God's protection. Which of these sticks out to you most and why?
4. For some of these categories, there may be prayers of request or need. For others there may be prayers of thanks or gratitude. For all of these, the language is communal: us, we them. How does the idea of moving your faith and prayer life from the individual to the communal feel?

### **Spiritual Practice:**

This week for our formation practice, we invite you to listen to our guided time of prayer and reflection. You can listen to this guided prayer by clicking on the link below. You can also access the spiritual formation podcast through the DCC App.

\*\*\* For this series, I have included two options of prayers: The Lord's Prayer, which will be included every week, and a rotating selection from the podcast. There is deep value in repetition and it could prove meaningful to sit with this single meditation each week as we move through the Lord's Prayer given by Jesus as seen in the scriptures. But if that is not serving you or your group well, feel free to use the varying one each week.

[Spiritual Formation Podcast: Guided Meditation - The Lord's Prayer](#)

[Spiritual Formation Podcast: Reflective Prompts](#)