



Date: July 2nd, 2023

Title: A New Space In The Universe

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

Within the Christian Tradition, “The Lord’s Prayer,” or “The Our Father,” is the most well-known prayer. It is so familiar; most people who’ve grown up around some form of church can recite it by heart. This points to how normal prayer is for people of faith — not just in the Christian Tradition, but in all religious traditions over the millennia. And while prayer is normal for many, have we ever paused to ask the question, “Why pray at all?” This is the question Jesus seems to address in his words of instruction before the famed prayer, and what we explored together

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

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

- 1) What’s one thing that’s bringing you joy lately?

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. Have you ever considered your motivation to pray? Is there just one? Is it different at different times? How have those been reshaped, grown and evolved?
2. Share about a time when you felt that God was far away when you prayed? What did that feel like?
3. Interact with this quote from Abraham Joshua Heschel: "In prayer we shift the center of living from self-consciousness to self-surrender."
4. What new spaces might open up within you through prayer?

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: Prayer of Mother Teresa - Breathe In Me](#)