



**Date:** July 23rd, 2023

**Title:** Our Father

**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**

We explored the use of "Our Father" in the Lord's prayer. Hannah described what this meant for the Jews who first heard Jesus (and who would have likely reflected on their deliverance from Egypt), and what it means for us today (who wait for the fullness of our own deliverance), including how prayer makes us present to the God who is always present to us.

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 a tv show or movie that you recommend to everyone?

### **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. As we considered the opening lines of the Lord's prayer, we examined how Matthew's audience may have heard these words and compared this to how Jesus' own audience may have interpreted his words 50 years prior...as you pray to "Our Father" 2 millennia post Jesus' teaching, what is your own reaction to praying to these words?
2. As we explored God stepping into human pain and being affected by the fall of humanity, what did this stir in you and in your understanding of the character of God?
3. We considered this week that praying to an omniscient God may be more a reflection of Human Attachment, than of asking or informing God of our needs; if you are familiar with attachment theory and your own attachment style, consider how your own style of attachment has been reflected in your prayer life. If you are unfamiliar with attachment theory, consider how your human relationships may be reflective or similar to your connection with God, and how they may be different. How does this reflection change or reinforce what you believe about prayer?
4. As you consider the concept of deliverance as an enteral act, are you comforted or disappointed by the now but not yet reality of the gospel?
5. We briefly considered the work of the church in prayer as we wait for our full deliverance. How is the Holy Spirit stirring in you to be the hands and feet of Jesus for those who you know are praying for deliverance now? Another way we could ask this is how is God stirring in you to partner with her in being a healing presence to those around you?

### **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: Embodiment - Make Way For The Image of God](#)