



Date: August 27th, 2023

Title: How do We Pray?

Scripture: Luke 11:1-4

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

One of Jesus’ disciples makes an interesting request: “... teach us to pray.” Interesting because as Jewish students from the North of Israel, they would have been more than familiar with the Psalms, the traditional blessings for food, the morning prayers and evening prayers. We also know their tradition in the time of Jesus promoted personal prayer as well. It seems they knew *how* to pray, but something in their experience caused this disciple to think otherwise. Perhaps it was due to what occurred just before this. Luke tells us, “One day Jesus was praying in a certain place.” It was only when he finished that his disciple asked him to teach them how to pray. Which causes one to wonder: *What did this disciples see and experience in Jesus’ prayer that led him to make this request?* Whether we understand exactly why the request was made we, like the disciples, can learn that this simple prayer covers all of life – our regrets of the past, our immediate needs of the day, our hopes for the future – placing all of it in the hands of a God who listens..

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 the most interesting food you've tried?

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. How familiar were you (or not) with Luke's version of the Lord's Prayer, also called the disciples prayer?
2. Of each of the lines of the prayer, which one(s) resonated with you most?
3. Of each of the lines of the prayer, which one(s) do you find most challenging to pray?
4. With who in your life do you feel like you can most "come out from behind yourself"? Does that feel safe to do with God?

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 - Welcoming Prayer](#)