

# Shape Up: Week 1- Act of Prayer

## ICE BREAKER QUESTIONS

1. Are you sunrise, daylight, twilight, or night? Please share what you picked your time of day?
2. If you could eliminate one thing from your daily routine, what would it be and why?

## WORD

We started a new series called Shape Up and it talks about SPIRITUAL FORMATION. This is primarily on how to live a spiritual life rather than being about steps to enlightenment. This about the practice of the heart. Instead of progressive stages of development, it is about movements (practicing in action)—from the things that enslave and destroy to liberation and life. This identifies the psychospiritual dynamics, contradictions, and movements common to many who seek to live spiritually in a word of constant change and motion. This offers spiritual wisdom on how to move from the mind to the heart and live there in the centre—the place where God dwells.

Spiritual Formation is quoted by Henri Nouwen who says” it presents opportunities to enter into the centre of our heart and become with the complexities of our own inner life.” According to Henri Nouwen; Spiritual Formation is a way of the heart and they way to descend from the mind into the heart and there be Shape UP by the Spirit of God within

### **Matthew 6:5-13 (NIV)**

*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. 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.’*

## **DISCUSSION**

What comes to mind when you hear the word “prayer”? Share your thoughts.

What type of things do you usually typically pray about?

## **WORD**

One of Jesus practices during his busy life of ministering to the life of many people are prayer, and he is teaching it.

Prayer is the life of Jesus;

### **1. *Prayer is doing business with God.***

Prayer is doing business with God. We are doing our business with him, we are His business partners. In our prayers, God will reveal who He is and his plans over our life, over our family, our city, our campus, because that is his business and we become his business partners not a slave but a friend. Luke 11:2-4 , On this verse, Jesus intended this sequence of thought to act more like the scaffolding than the whole building, though of course the prayer is used as it stands. Prayer is more like a scaffolding used or a framework when you do business with God.

### **2. *Prayer is building kingdom with God.***

When we PRAY God is going to reveal his guideline on how going to happen, “For I know the plans I have for you, plan to prosper you and not to harm you, plan to give you hope and a future.

As we pray our spiritual antenna will be build up and become more sensitive to the works of the Holy Spirit, and know when, and where is God working, and what God is saying. We become in tune. Matthew 5:9 “This,

then, is how you should pray: “Our Father in heaven, hallowed be your name,” Approaching God as our Holy Father in heaven (Matthew 6:9) means accepting that God is distinct from us but desires a deep fellowship with us.

### **3. *Prayer is access to provision of God.***

A critical part of this prayer model is found in verse 12, where Jesus teaches his disciples to ask the Father to exercise the type of forgiveness they have exercised toward others. Forgiveness is a major key to becoming more like Jesus.

Though our actions matter very deeply, forgiveness is possible and, through God’s love, can become actual. Jesus assumes that we will need to ask for forgiveness not on one or two rare occasions but very regularly. This is a sobering thought, but it is matched by the comforting news that forgiveness is freely available as often as we need it. There is, however, a condition, which remarkably enough is brought right into the prayer itself: we ourselves must be forgiving people. Jesus takes an extra moment afterwards to explain why. *“The heart that will not open to forgive others will remain closed when God’s own forgiveness is offered.”*

#### ***Mark 1:35 (NIV)***

*35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.*

*It’s here that we are drawn into the dependence upon God that we all need. Prayer drawn, and should draw us to a total dependency to our Heavenly Father like Jesus.*

N. T. Wright says, **“What you are in private is what you really are.”** Go into your inner room and talk to your father.

## **DISCUSSION**

What keeps most people from praying on a regular basis? What are some specific ways we can overcome those challenges?

Describe how you communicate with God? What ways are most effective and meaningful to you?

## LIFE APPLICATION

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## DISCUSSION

On a scale of 1-10 with 10 being the highest, how would you rate your time spent talking with God this past week? Explain

## VERSE TO MEDITATE ON

**Luke 11:2-4 (NKJV)**

*2 So He said to them, “When you pray, say: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven.*

*3 Give us day by day our daily bread. 4 And forgive us our sins, For we also forgive everyone who is indebted to us. And do not lead us into temptation, But deliver us from the evil one.”*

## PRAYER

Share your answered prayer. Pray for one another and throughout this week.



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