

# HOW TO PRAY LIKE JESUS

LEARNING FROM OUR SAVIOR







# GUIDES TO GROUP DISCUSSIONS

Do you ever worry if you're praying "the right way"? Or don't know where to start? During His time on Earth, Jesus gave us the perfect example and teaching of how we can come to our Heavenly Father in prayer. Join us for our new teaching series, *How to Pray like Jesus*, as we dive into the Scripture and learn from our Savior!

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## SOME THINGS TO KEEP IN MIND

Remember that you aren't in this alone! God will help you prepare and lead your group discussion. Make it your goal to keep in step with the Holy Spirit!

Pray and read the passage a few times on your own. Take a few minutes to identify what makes an impression on you and how the passage might impact your group.

Once you've taken some time to read the passage on your own, read through the entire Discussion Guide. Make sure you understand the Main Point. Identify which questions you want to use in your group time and rewrite them in your own words.

Once your group time is over, take a few minutes to evaluate the discussion. What went well? What could have been different? If you had a "bad night," DON'T GIVE UP! Everyone has tough nights. There were times when even the disciples didn't get what Jesus was talking about!

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## FREE RESOURCES

To equip you as a leader, we provide resources each series to help you and members of your group understand and respond to the biblical truths we're studying as a church. Don't forget about the Mariners Annual Read and the [Gospel Every Day podcast](#) discussing each devotional.

The CSB Study Bible is an excellent resource if you'd prefer a physical copy of the translation used by Mariners Church. It is available for purchase online and in the [bookstore](#) at Irvine.

All Scripture references in this guide are CSB unless otherwise noted.

## HOW TO USE THE GROUP DISCUSSION GUIDE

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### MAIN POINT

Discussions often take on a life of their own, but they typically lack power when they lack focus. The Discussion Leader ought to use the Main Point to keep everyone on the same page. To do this, you might say something like, "That is very interesting and a good topic for another discussion, but today's study is about..." and ask a question that brings people back to the topic of discussion. There will be times when it makes sense to ignore the Main Point—for example, when someone in your group experiences a significant crisis. If you decide to move away from the lesson's Main Point, you want to do so on purpose and not by accident.

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### RHYTHM REMINDERS

A prompt will be provided when one of the 7 Rhythms of Rooted has a natural point of emphasis. We want to help everyone continue to grow holistically in their spiritual journeys. Obviously, some rhythms always exist, like prayer, but occasionally it will be helpful to draw fresh attention to or spend additional time in one of the rhythms.

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**LEADER NOTES**

Where needed, each lesson may have several Leader Notes. This material will provide insight on how to steer the conversation and care for your people. Additionally, these notes will provide greater context to help you understand a difficult word, phrase, or verse.

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**LEAN IN  
BREAK THE ICE**

These questions will help kick-start your discussion time. The main goal for this time is to get everyone talking and prepare them for the more focused conversation to follow.

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**LOOK DOWN  
LOOK AT GOD'S  
WORD**

The goal for this section is to let the passage speak for itself and stand on its own. This isn't easy! During this time, you will read the passage out loud (twice) and answer questions focused on the details of the biblical text.

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**LOOK OUT  
IDENTIFY THE  
RELEVANCE OF GOD'S  
WORD IN THE WORLD**

Jesus calls us to love others, just as He loved us. Based on your understanding of the text and how God is transforming your heart, how will you treat others? How will you apply this teaching to all of your relationships and to everyone you will see this week and beyond?

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**LOOK IN  
APPLY GOD'S WORD**

Transformation comes from renewing your mind (Romans 12:2). The goal for this section is to look inward to allow God's Word to change you from the inside out. Use this time to discuss how your thoughts and feelings are affirmed and/or challenged.

Be sure to close your time together in prayer. You can take requests from the group, invite others to lead, and bring God the needs that stood out to you in your group time.



# WEEK 1: GET AWAY TO PRAY

## GROUP DISCUSSION GUIDE

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### PREPARE

Listen and subscribe to the Mariners Life Group Leader Podcast.

If you missed the weekend message or want to review specific points, you can always watch, listen, and find bulletin notes online at [marinerschurch.org/messages](http://marinerschurch.org/messages).

### MAIN POINT

In the midst of rising popularity and increasing demands, Jesus “often withdrew to deserted places and prayed.” Practically, you need a place and a time where you will meet with God in prayer. Jesus taught what He practiced—that we would go into our private room and pray to our Father, rather than praying in order for people to observe us.

### LEAN IN BREAK THE ICE

**Share about one of your favorite ways to get away or find time by yourself.**

### LOOK DOWN LOOK AT GOD'S WORD

Read Luke 5:15-16

15 But the news about him spread even more, and large crowds would come together to hear him and to be healed of their sicknesses. 16 Yet he often withdrew to deserted places and prayed.

Read Matthew 6:5-8

5 “Whenever you pray, you must not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners to be seen by people. Truly I tell you, they have their reward.

6 But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you. 7 When you pray, don't babble like the Gentiles, since they imagine they'll be heard for their many words. 8 Don't be like them, because your Father knows the things you need before you ask him.

**What do you learn by Jesus' example about where, when, and how to pray?**

**What stands out to you about how Jesus prayed?**

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LOOK OUT  
IDENTIFY THE  
RELEVANCE OF GOD'S  
WORD IN THE WORLD

**What do Christians miss out on when we don't get away to pray?**

**What can be gained by getting away to pray?**

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LOOK IN  
APPLY GOD'S WORD  
TO YOUR LIFE

**When and where will you pray? Describe a time and place.**

**What change(s) in schedule or choices would it take to begin a daily rhythm of prayer?**