

RHYTHMS:

Cultivating Spiritual Habits of Devotion

JUNE 26 | 410 CAMPUS



MATTHEW 6

Prepare Your Heart & Mind

Begin this time in prayer, confessing any sins you can recall, thanking the Lord for the gift of His Word, and asking for His Spirit to guide you in your time.



Reflect/Connect

- Use these questions for a time of individual reflection or to connect with others in meaningful conversation.

Grow in the Word

- These questions are designed as a guide for individual study and to foster spiritual conversation with a group of people.

REFLECT/CONNECT

- How would you describe your prayer life?
- What do your prayers typically consist of? (confession, asking for things, praise/thanksgiving etc.)

GROW IN THE WORD

Jesus begins this section of his teaching on righteous living with an overarching warning to practice righteousness (including prayer) with the right motivation.

- How would you describe the motivation that Jesus warns against in verse 1?
- What does this teach you about how God values inner attitude and heart motivation?

Jesus describes what righteous prayer looks like and compares it to the unrighteous prayer commonly practiced in his time.

- What are the two elements of righteous prayer that Jesus describes in verses 5-8? Put Jesus' teaching in your own words.
- What might it look like to pray like a "hypocrite" or "gentile" in our current day?
- What can you do to avoid praying like this?



A vertical border on the left side of the page featuring a marbled paper pattern with swirls of beige, cream, and light brown.

GROW IN THE WORD

Jesus gives his listeners a model for prayer in verses 9-13.

- What's the significance of opening our prayers by addressing God as our Father?
- What lies might you believe that keep you from approaching God as his child?
- How would you describe the different components of Jesus' prayer in these verses?

Cultivating a habit of prayer is an excellent way to deepen your walk with God.

- How do you want your prayer life to change in light of this passage?
- Who will you ask to hold you accountable to make this change? Better yet, find a friend and make the change together.



NOTES

Use this page for sermon notes, prayer requests, or additional notes on the passage from your study.