



**Matthew 6 v 5-13**

**Spending time with God – Leader's version**

**For an hour study, just do the starred \* questions**

**Check in** – ask how they are and how they're feeling about studying the Bible today.

1. Why is it important to spend time, and stay in touch, with the people we love?

2. Do you think it is important for Christians to spend time with God? Why?

*Make sure you include:*

- *Our love for Him should cause us to want to spend time with Him*
- *We can't follow Christ without engaging with Him*

\*3. What happens when we don't spend time with God?

*It might help to ask what would happen to a human relationship if we engaged with that person for one hour on a Sunday and didn't speak to them again all week. If we don't spend time with God, we will drift away from Him, and our love for Him will grow cold.*

4. **SHOUT OUT** – What do you think a Christian does when they spend time alone with God?

\*5. Read Matthew 6 v 5-6. What does Jesus tell his disciples to do, and why?

*Pray ('when you pray...').*

*Pray in private. Private prayer is for the benefit of the pray-er and God. V6 does not mean we can't pray in public but that our personal time with God should be just that – personal.*

6. Read Matthew 6 v 7-8. What else does Jesus say about prayer and why?

*Not to babble. Because God knows what we need before we ask; we do not need to pray an impressive or long prayer in order to be heard. We just need to pray.*

*(The word 'pagans' does not refer to the Pagan religion of today, but to people who did not believe in God).*

7. Read Matthew 6 v 8 again. If God knows what we need, why do we need to pray?

*So that we can grow in trusting Him and in our dependence upon Him. So we can see His hand at work in answered prayer. Answered prayer helps us to see His power. Praying about a situation puts it in God's hands, not ours. Etc.*

\*8. **STICKERS** When is the best part of your day to spend time with God?

*Encourage them to think of the part of their day that they are most likely to have a bit of time on their own, when they are fully awake, not likely to be disturbed etc.*

\*9. Read Psalm 46 v 10. Think about the first line of this verse quietly in your head. How does this verse help you to focus on God?

10. Read the first phrase of Psalm 46 v 10 to the group repeatedly, each time emphasizing a different word. How does this help you to understand more about what it means?

*Be still; and know that I am God,*

*Be **still**; and know that I am God,*

*Be still; **and** know that I am God, etc*

*It might help to ask the group to read the verse, with each person emphasizing a different word.*

*Explain that this can be a helpful method in reading the Bible, but that it won't necessarily be helpful for every single verse!*

\*11. Read Psalm 139 v 23-24. Read it aloud slowly as a group and as you read it, let it become a prayer.

12. Read Matthew 6 v 9-13. Jesus is teaching us how to pray. What issues does this prayer cover?

\*13. Read v9 – Who does Jesus tell us to pray to and what should we remember?

*God. Remember that God is our Father and remember who God is. 'Hallowed be your name' = may your name be praised / respected / may your name be number one in my life.*

\*14. Read v10. What does Jesus tell us to pray for and why?

*For God's kingdom to come = for everyone to know God through Jesus*

*For God's will to be done = for God's people to live lives that honour Him in obedience to His word.*

15. Read v11. What does Jesus tell us to pray for?

*Daily bread – i.e. what we need for today (this refers to necessities, not desires, and not just to food).*

\*16. Read v12. What does Jesus tell us to pray about and why?

*That our sins will be forgiven and that we are able to forgive those who have sinned against (hurt) us. In fact, the language shows that we have to forgive others first! (see also v14-15)*

17. Read v13. What is the final part of this prayer and what do you think it means?

*That we will not be led into temptation. (God never tempts us. This is not asking God not to tempt us, it's asking God to protect us from succumbing to temptation).*

*That we will be delivered from the evil one; protected from Satan's attack. We need to ask daily for this protection.*

\*18. Think quietly about what you have learnt as you have worked through Matthew 6 v 9-13, and write it down here.

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Do you want to start spending time regularly with God?

*Offer suggestions and ideas – Bible study notes, read a gospel one chapter a day, pray, try to learn a verse that has stood out today etc.*

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If you already spend time with God each day, has this study given you any ideas of new things that you could do (or use) to help you?

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Is there anything that you feel that God is asking you do as a result of studying Matthew 6 v 5-13? How are you going to put it into practice?

**As a group, spend some time praying** about things that people have learnt and intend to put into practice, and spend some time thanking God for what he has done for you.

**Check out** – ask how they found the study and if they are safe to go back to the cell.

You might like to print these helpful guidelines for participants to take and use:

- Find the best bit of your day and give it to God – when you are most awake and least likely to be disturbed
- A simple plan helps
- Expect to hear God
- Be still – relax. Psalm 46 v 10
- Focus on God and commit the time to Him, Psalm 139 v 23-24
- Have a Bible with you – read it!.
- Meditation is ‘seriously contemplating a thought over and over in your mind’
- Write down what you've learnt
- Pray about what you've learnt
- Be willing to obey
- Put what you have learnt into practice
- Pray about other things on your heart, and give thanks to God for what He has done for you

**Remember your main purpose is to get to know Christ.** Don't let your quiet time become an exercise in “doing your duty.”

adapted from [www.purposedriven.com/article.html?c=115094&l=1](http://www.purposedriven.com/article.html?c=115094&l=1)

As you read...

A. – ask questions

B. – pick a “best” verse for the day (the verse you will carry with you in your head or in your pocket)

C. – consider what you could do or focus on as a result of what you have read – how is your life going to be changed by what you read?

adapted from <http://citylifelearning.navigators.org/Files/Quiet-Time>



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2. Do you think it is important for Christians to spend time with God? Why?
3. What happens when we don't spend time with God?
4. **SHOUT OUT** – What do you think a Christian does when they spend time alone with God?
5. Read Matthew 6 v 5-6. What does Jesus tell his disciples to do, and why?
6. Read Matthew 6 v 7-8. What else does Jesus say about prayer and why?
7. Read Matthew 6 v 8 again. If God knows what we need, why do we need to pray?
8. **STICKERS** When is the best part of your day to spend time with God?

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17. Read v13. What is the final part of this prayer and what do you think it means?

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