

Divine Disciplines and Vertical Values

Chapter 11

Audio lesson: New Testament 11



Objective: To understand Jesus' teaching about the spiritual discipline of prayer and the values of His kingdom.



“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. And when you pray do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask Him. This then is how you should pray:

‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our debts as we forgive our debtors. And lead us not into temptation but deliver us from the evil one. For yours is the kingdom and the power and the glory forever. Amen.’”

—Matthew 6:6-13

“Store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”

—Matthew 6:20-21

We cannot live the Christian life if we do not know how to pray. That is why Jesus demonstrated and taught His disciples the discipline of prayer. The main point of His teaching is that we must be sure we are talking to God when we pray, not trying to teach or impress others. He promises that God, who is in secret, will honor and respond to our sincere, private prayers.

Jesus taught His followers how to pray in the “Lord’s Prayer,” as it is often called, though it can be more accurately described as the “Disciples’ Prayer.” After addressing God as our heavenly Father, Jesus indicated seven petitions: three that acknowledge our priorities of keeping God first in every area of life, and four for our personal needs: “Give us, forgive us, lead us, and deliver us.”



1. True or false? Prayer is an essential practice for those who follow Jesus.
2. True or false? As with giving, Jesus wants us to pray to God alone, not to try to impress other people.
3. True or false? We are supposed to pray only in secret when we can find a closet to hide in.
4. True or false? The only prayer Jesus authorized is “The Lord’s Prayer,” which we should always recite word for word.

Unless otherwise noted, choose one best answer for each question.

5. How does Jesus tell us to address God in prayer?
 - a. As our Shepherd
 - b. As our Master
 - c. As our Servant
 - d. As our Father
6. Whose will is our highest priority in prayer?
 - a. God’s
 - b. The church’s
 - c. Our own
 - d. Whoever has a need
7. What should our main emphasis be when we pray for our own needs?
 - a. Everything we want for all time
 - b. Everything we want today
 - c. Everything we need for all time
 - d. Everything we need today

8. Why do we need to ask God for forgiveness?
- a. Because He is reluctant to be merciful to us
 - b. Because we do not always live up to His standards or represent His name as well as we should
 - c. Because we are so evil that we sin all the time
 - d. Because He does not know we want to be forgiven until we tell Him

9. Which of the following personal requests are found in “The Disciples’ Prayer”?

(choose all that apply)

- a. Give us
- b. Bless us
- c. Forgive us
- d. Hear us
- e. Watch over us
- f. Lead us
- g. Deliver us
- h. Leave us alone

No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted He will also provide a way out so that you can stand up under it.”

I Corinthians 10:13

10. How do we deal with temptation?

- a. Confront it recklessly and without fear.
- b. Be ashamed for even feeling tempted.
- c. Ask God to lead us away from temptation and trust Him always to give us a way of escape.
- d. Prove how strong we are by seeking more temptation.

11. What message do we imply when we fast?

- a. “Look at how holy I am!”
- b. “Lord, Your will is more important to me even than food.”
- c. “I am more disciplined and more religious than people of other religions who do not fast.”
- d. “I can force the Lord to do what I want by refusing to eat.”

12. Where can we invest our treasures (of any kind) most wisely?

- a. In a respectable bank
- b. In long-term projects
- c. In any kind of charity
- d. In the kingdom of God



What do you treasure most in your life? Are your values based on life in this world or on eternity? What can you do today to turn your heart more toward the kingdom of God?



Pray the Disciple's Prayer—Matthew 6:9-13—thinking carefully about every phrase.



Going Deeper

1. What are the three providential petitions in the prayer that Jesus taught His disciples to pray?

2. What are the four personal petitions in that prayer? _____

3. Show how the petition, "*Thy will be done,*" can be a paraphrase of the petition, "*Thy kingdom come.*" _____

4. Why is it important to pray the three providential petitions before praying the "give us" petitions? _____

5. Why did Jesus add to this prayer that, if we do not forgive others, we are not forgiven?

6. Is this a prayer or a prescription for prayer, or is it not either/or but both/and? _____

7. How do we know this is to be prayed in the context of a group setting? _____
