

2ND MILE PRAYER

CRAIG REES

KEY VERSES:

Matthew 6:5-13 • Luke 11:1-2 • Psalm 55:17 • Acts 3:1 • Matthew 10:19-20 • Ephesians 6:18 • 1 Thessalonians 5:17

BIG IDEA:

First mile prayer requires rhythm. Second mile prayer inspires revelation. We can only go two in prayer having walked the first mile.

1. **Read Matthew 6:5-8 alongside Luke 11:1-2.** How does Luke 11 qualify the way we are to apply the meaning of Jesus's words in Matthew 6?
2. The truth that those who don't pray don't believe that prayer moves the hand of God is unsurprising. What *is* surprising is that Jesus claims that even those who pray frequently may also lack faith in God. In what ways can frequent prayer be evidence of a lack of faith in God?
3. Remembering that some people struggle with prayer, consider how rhythm and routine are powerful factors in a culture where so many things existed simply because they always had. In Matthew 6, Jesus breathed life into the disciplined culture of prayer. Has your prayer life ever lacked 'life' without lacking 'discipline'? What did you do breathe life back into it? As you answer, consider how your experience can help someone else press on in prayer.
4. Jesus says that the Father "knows what you need before you ask him." In what ways can that comfort you this week?
5. Pastor Craig shared how Luke established the Lord's prayer as a prayer to be repeated. In view of the Didache's encouragement for first century Christians to pray the Lord's prayer three times a day, and that Keva-prayer was developed to discipline people to pray what was true and right, how can repetitive or disciplined prayer help us in our walk with God?
6. **Read Ephesians 6:18 and 1 Thessalonians 5:17.** Spontaneous momentary prayer is critical for seeking what God wants us to be and do. Stepping into the 2nd mile often involves overcoming how we feel about a situation. How does this 'second mile' dimension of prayer work in your life? For example, do you find it easy to pray in the moment when you are discouraged?
7. "God has not entered our lives to do what we wish but to help us wish to do what God needs doing." Reflect on your prayer life. Does your prayer life help you do what God needs doing?
8. If discipline dominates your practice of righteousness you will 'dry up.' If spontaneity dominates your practice of righteousness you will 'blow up' (we'll make God-encounters an end in themselves) How can you balance rhythm and revelation?