**Small Group Bible Study**

The Basics

Part 1 Prayer

### Faith isn’t meant to be complicated. Jesus simplifies the gospel and shows us that prayer is about relationship, not performance. Through the Lord’s Prayer, He gives us a simple guide: **Pause, Rejoice, Ask, Yield.**

### **1. Icebreaker**

**Option 1: Discussion Question** What’s an area of life where you’ve overcomplicated something that should have been simple? (Hobbies, cooking, technology, parenting, faith, etc.)”

**Option 2: Activity**Have everyone grab their phones and show how many different apps they use for something simple (like communication, exercise, or shopping). Use this as a launch point to discuss how clutter makes life complicated.

**2. Scripture Reading & Discussion**

### **A. The Simplicity of the Gospel**

**Read:** John 3:16–17; Romans 5:8

**Discussion Questions:**

* How would you explain the gospel in the simplest way possible?
* Why do we tend to add extra “layers” or conditions to God’s love and salvation?
* What’s refreshing about remembering that it’s really this simple: *God loves, Jesus saves, we believe*?

**B. Jesus Teaches on Prayer**

**Read:** Matthew 6:5–13

**Discussion Questions:**

* What problem was Jesus addressing in verses 5–8? How might we still fall into this trap today?
* The Lord’s Prayer is both a script and a guide. Do you usually treat it as one, the other, or both?
* Which line of the Lord’s Prayer challenges you the most right now? Why?

**C. Pausing Like Jesus**

**Read:** Matthew 14:22-24

**Discussion Questions:**

* What does it look like for you personally to *pause like Jesus did in these verses*? (quiet time, walk, journaling, music, nature, etc.)
* Why do you think it’s so hard in our culture to pause before God?
* How could you intentionally carve out “pause time” this week?

**D. Forgiveness & Yielding**

**Read:** Matthew 6:12–13; Colossians 3:12–13

**Discussion Questions:**

* How does forgiving others open us up to fully receive God’s forgiveness?
* NT Wright compared forgiveness to breathing—exhale to inhale. How does that image hit you?
* What step of forgiveness do you sense God asking you to yield to this week—either receiving His forgiveness or offering it to someone else?

**3. Reflection: The PRAY Framework**

* **P – Pause**: Find quiet and stillness before God.
* **R – Rejoice**: Start with worship and adoration.
* **A – Ask**: Bring your needs and align your heart with God’s will.
* **Y – Yield**: Submit to His way, receiving His forgiveness and extending it to others.

**4. Takeaway / Challenge**

This week, set aside 10–15 minutes each day to intentionally PRAY using the framework.

* Don’t rush. Start small.
* Keep it simple.
* Remember: Prayer isn’t about performance—it’s about relationship.

**5. Closing Prayer**

Close the study by praying the Lord’s Prayer together—first as a group recitation, then allow 1–2 people to pray “freestyle” using the PRAY model.