

HOW to pray

Part 3. God's Kingdom

Watch the [Summary Video](#) together with its explanation of Petition Prayer. Then read the Lord's Prayer together - **Matthew 6.9-13**

You might also want to open up the [MetroMentoring.org](#) Prayer course and check out the **Week 4** notes.

- Talking about sin and confession can be hard hitting. What struck you most about this message?
- Is confession part of your regular routine of personal prayer. If it is, what benefit do you get from it? If it isn't, why not?
- Kate talked about 4 levels of Sin: Gross Sins (universally seen as wrong), Conscious Sins (socially acceptable), Unconscious Sins (bias/prejudice, wrong motives etc.) & Trust Structures (sources of value/meaning outside Jesus). Is this a helpful way of thinking through sin and confession?
- Why is Forgiving others linked to being Forgiven in the Lord's Prayer? Is Jesus saying that us being forgiven is dependent on us offering forgiveness?
- How important is it that someone asks for forgiveness and expresses regret before we forgive them?

BIG IDEA: If we want to maintain an intimate relationship with God we have to create daily space to look inwards. Self-examination opens the door for forgiveness, and forgiveness keeps us at peace with God and at peace with others.

Take some time in the group for self-examination and confession. You can do this all together, while encouraging people to do business with God individually. You can provide paper and pens for people to write things down, or give them the option to pray silently.

REQUEST: Read **Psalm 139.23-24** out loud. Lead the group in a time of prayer asking for God to search our hearts and test our thoughts. Pause and wait in silence.

REFLECT: Invite everyone to take a couple of minutes to reflect on the last day or week. With the guidance of the Holy Spirit write down or think through sins both consciously and unconsciously committed. Is there anyone that we need to express forgiveness to?

RECEIVE & RELEASE: Finally, lead the group in a time of individual confession and forgiveness, inviting people to write things down or pray silently. Read **1 John 1.9** and finish up with a general prayer of forgiveness.

Guide people to the **mentoring app**, if they're not already registered ([metromentoring.org](#)).