

**WOMEN OF HOPE VICTORY GROUP**  
**TEACH US HOW TO PRAY**  
**DISCUSSION QUESTIONS**

**\*The Lord's Prayer - Matthew 6:9-14**

**Session 1 - Monday, January 8th**

Introduction to the Lord's Prayer, found in Matthew 6:9-14.

The disciples asked Jesus how they were to effectively pray. Jesus gives the disciples an example of how and what to pray for. He uses the Lord's Prayer as a guide. We will go through the Lord's Prayer verse by verse and do an in-depth study of what it means and how it is relevant to us today.

**Main Study verse: Matthew 6:9**  
**"Our Father In Heaven"**

It is important how we start our prayers by first acknowledging our heavenly Father and by approaching Him with the right heart and attitude towards Him.

Questions to ask ourselves: What image do we see our Father as? Is He unconditionally loving or do we see Him as we see our own earthly fathers? Do we need healing to take place in our hearts from past hurts and rejection? When our hearts are healed then we can lovingly call Him Abba Father. Our Father is Almighty God in heaven but He also knows our earthly life, our needs and most importantly who we are as His daughters.

Psalm 68:5-6

A Father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families, he leads forth the prisoners with singing.

2 Corinthians 6:18

"I will be a Father to you and you will be my sons and daughters, says the Lord Almighty."

1 John 3:1

“How great is the love the Father has lavished on us that we should be called children of God!”

Matthew 6:8

Your Father knows what you need before you ask Him.

Our Father’s love is unconditional for each of us and we know this by reading and studying scripture and intimacy through prayer.

\*We will watch a short video called “God’s Love Letter for You.”

### **SESSION 1 - DISCUSSION QUESTIONS:**

1. Do you believe that God the Father loves you unconditionally? Explain.
2. Do you have a difficult time praying in intimacy with our Father in heaven due to past hurts and rejection with your earthly father or someone close to you? Explain.
3. Pray for one another to be released and healed of those hurts and feelings of rejection.

### **SESSION 1 - DEEPER WALK QUESTIONS:**

Please complete these suggested activities this week, to help you grow closer to God. Get a notebook to write out your thoughts and responses.

1. Journal: Read the following two scriptures and SOAP on it.  
S – Scripture O – Observation A – Application P - Prayer

I will be a Father to you and you will be my sons and daughters, says the Lord Almighty. (2 Corinthians 6:18)

How great is the love the Father has lavished on us that we should be called children of God! (1 John 3:1)

2. Conversation: Think of someone you know who seems to have a strong prayer life with God. Ask that person about how she grew into this kind of relationship and her experiences with God in prayer.
3. Reflection: Reflect in writing about the current state of your relationship with God. How is your prayer life? Are you comfortable praying and talking to God? What changes, if any, would you like to see in your relationship with God and in your prayer life? Write down anything God speaks to your heart.
4. Letter: Write a love letter to God telling Him how you feel about His love for you as your Heavenly Father and your heart's desire to want to draw closer to Him.
5. Pray: Begin praying for God to fill you with a passionate love for Himself and a desire to pray and seek Him daily. Pray for the women in your group to experience the same joy.

### **WHAT DOES S.O.A.P. MEAN?**

**S** – The S stands for **Scripture** – You physically write out the scripture. You will be amazed as to what God will reveal to you just by taking the time to slow down and actually write out what you are reading.

**O** – The O stands for **Observation** – What do you see in the verses that you're reading? Who is the speaker and the audience? Is there a repetition in the words? What words stand out to you? Paraphrase the scripture in your own words.

**A** – The A stands for **Application** – Personalize what you have read. What is God saying to me today? How can I apply what I just read to my own personal life? What changes do I need to make? Is there an action that I need to take?

**P** – The P stands for **Prayer** – Pray God's Word back to Him and write it out. If He has revealed something to you during this time in His Word, pray about it. Confess areas in your life if God has revealed some sin and ask for His forgiveness. Pray to draw closer to God today.

## **Session 2 - Monday, January 22nd**

### **Main Study verse: Matthew 6:9-10**

**“Hallowed be your name. Your Kingdom come, your will be done on earth as it is in heaven.”**

Hallowed means to be kept Holy. His name is holy, therefore we should hold the Father in reverence and in holy fear. We must pray as if we have entered into His throne room and into His presence. If His name alone is Holy, then imagine the holiness of His presence.

Revelation 15:4

Who shall not fear You, O Lord, and glorify Your name?

For You alone are Holy. For all nations shall come and worship before You,  
For Your judgements have been manifested.

Proverbs 9:10

The fear of the Lord is the beginning of wisdom and the knowledge of the Holy one is understanding.

When we pray we acknowledge our Father as Holy, having wisdom and knowledge that brings blessings upon us.

Matthew 6:10

Your Kingdom come your will be done on earth as it is in heaven.

As we study scripture we begin to know of the kingdom of God, and we know by His Word what His will is. If we don't study the Word of God, we will not be able to know His will, therefore we instead pray for selfish reasons. We're not praying for the things of God but for the things of this world that is carnal and is not of eternal value. This is the wrong way to pray because we're not praying according to the heart and will of God. Is there eternal value for what we are praying for?

## **SESSION 2 - DISCUSSION QUESTIONS:**

1. What does this scripture mean to you and how can you apply it to your life?  
Your Kingdom come your will be done on earth as it is in heaven. (Matthew 6:10)
2. How can we change our focus from praying only for our own needs, to the needs of God? Here are the needs that are on God's heart, so that we can pray according to His Word:
  - God's Kingdom be established on Earth (His will be done through Believers)
  - Believers advancing the Kingdom of God on this Earth by sharing the gospel of Jesus so that all may receive salvation (John 3:16)
  - Believers grow in their intimacy with God through the Word & prayer. Becoming Christ-like and maturing in our faith.
  - Unity and strength in the Body of Christ – "We will all be one." (John 17:21). Utilizing our God given gifts for the Lord as a church body.
  - Use our spiritual weapons of warfare to contend against the devil and destroy his works (1 John 3:8)
3. Take turns praying in the group for the above items in question #2.

## **SESSION 2 - DEEPER WALK QUESTIONS:**

Please complete these suggested activities this week, to help you grow closer to God. Get a notebook to write out your thoughts and responses.

1. Journal: Read the following two scriptures and SOAP on it.  
S – Scripture O – Observation A – Application P - Prayer

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. (Hebrews 4:16)

This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. (1 John 5:14)

2. Reflection: Reflect in writing any hindrances or distractions you may have while praying. Do you lack confidence coming before God in prayer? Do you struggle with feelings of inadequacy or guilt because of sin? In what ways can you overcome these hindrances using God's Word. Write down anything God speaks to your heart.
3. Conversation: Have a conversation with a Sister In Christ about your prayer life and share with one another ways in which you can strengthen your connection with God by removing any hindrances or distractions in your life.
4. Pray: Begin praying for God to reveal Himself to you in a greater way and that you will have a revelation of His holiness and love for you. Pray for your loved ones to experience this same joy.

### **Session 3 - Monday, February 5th**

#### **Study Verse: Matthew 6:11**

#### **"Give us this day our daily bread" (God Our Provider)**

Our Father will give us our daily provision in food, drink, clothing, and finances. He is our ultimate provider and He promises to provide for our everyday needs. When we trust in God and put Him first, everything else will fall into place, maybe not right away or how we thought it would, but according to His plan and His purpose and in His timing.

#### **Matthew 6:26**

Look at the birds of the air; they do not sow or reap or stow in barns, and yet your Heavenly Father feeds them. Are you not much more valuable than they?

We can also see that our daily bread represents Jesus. We have Jesus every day, as He is the one who sustains us.

#### **John 6:35**

And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst..."

We all go through trying seasons such as during the pandemic, when some of us lost our jobs, or had a cut in wages or hours. Do we trust God and still have joy during these seasons? Or are we terrified and worry about where our next meal will come from and how our bills will be paid? We have to believe and pray that our Father is tending to our daily needs and that He will provide for us. Jesus will sustain us and give us peace. We all have needs to be met, so let's pray for one another for God to provide for those needs.

### **SESSION 3 - DISCUSSION QUESTIONS:**

1. What does this scripture mean to you and how can you apply it to your life? If you who are evil know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask Him. (Matthew 7:11)
2. Are there areas in your life that you are worrying about, especially when it comes to providing for your personal or family needs? Let's avoid simply thinking our prayers, instead let's verbally speak it out to God to declare His provision in our lives.
3. Pray for one another that God would meet the needs that were shared in the group and that God would increase our faith to trust in His provision.

### **SESSION 3 - DEEPER WALK QUESTIONS:**

Please complete these suggested activities this week, to help you grow closer to God. Get a notebook to write out your thoughts and responses.

1. Journal: Read the following two scriptures and SOAP on it.  
S – Scripture   O – Observation   A – Application   P - Prayer

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6)

And my God shall supply every need of yours according to His riches in glory in Christ Jesus. (Philippians 4:19)

2. Reflection: Reflect in writing all your personal needs and how you believe God will provide for every need, according to His Word. Thank Him in advance for answering your prayers.
3. Conversation: Have a conversation with a Sister In Christ and ask her to share a time when God met a personal need of hers, as she prayed in faith for God to meet her needs. You can share a story with her as well.
4. Pray: Begin praying for God to give you peace through your seasons of needing His provision. Pray for others who may be needing His faith, strength and provision in their lives.

#### **Session 4 - Monday, February 19th**

##### **Study Verse: Matthew 6:12**

**“And forgive us our debts (sins), as we also have forgiven our debtors (those who have sinned against us)”**

Our Father forgives us of our sins when we go to Him in repentance. This is what the precious blood does, it washes away our sins.

Ephesians 1:7 "In Him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace."

But God requires us to forgive people even when we don't feel like it.

Matthew 6: 14-15 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

To forgive means to stop feeling anger or resentment toward someone for an offense, flaw or mistake.

**Unforgiveness is a sin.** If we pray with unforgiveness in our hearts our prayers will most likely go unanswered for it is a hindrance to us. The enemy has a foothold in a person's life when the sin of unforgiveness has not been dealt with.

Our Father wants us to be free of resentment and anger because He loves his children. Take a look at your life and assess who has hurt you and decide to be free of it. God calls us to forgive those who have hurt us.

Matthew 18: 21-22 "Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy-seven times.'

Write down a list of people you need to forgive and pray for one another so you can be set free.

*Our sins are debts to God, which we, the debtors, cannot pay. God is willing to wipe our slates clean if we humble ourselves before Him. We ask for forgiveness for our sins, and by so doing, we acknowledge that there is no other way to get rid of sin but through the sacrifice of Jesus Christ. When we forgive others, God can see His own image reflected in us. As His children, we must be willing to forgive no matter what was done to us. Jesus gives us the example to follow, as He was able to ask the Father to forgive those who were crucifying Him.*

#### **SESSION 4 - DISCUSSION QUESTIONS:**

1. What does this scripture mean to you and how can you apply it to your life? Forgive us our debts (sins), as we also have forgiven our debtors (those who have sinned against us). (Matthew 6:12)
2. Are there people in your life that you need to forgive? Do you need to extend that forgiveness to yourself for any sins you have done in the past? Do you need to forgive God?
3. Team Leader to lead everyone in a prayer of forgiveness for those who have hurt them. We will do this exercise together: We will open our hand and take people who have hurt us out from our hearts into our hands, one by one. After everyone is done, we will cup both hands together and lift them up to God and release them to Him. This is a sign that we have forgiven and released these people to God. We pray salvation for these people and blessings on these people.

#### **SESSION 4 - DEEPER WALK QUESTIONS:**

Please complete these suggested activities this week, to help you grow closer to God. Get a notebook to write out your thoughts and responses.

1. Journal: Read the following two scriptures and SOAP on it.
  - a. S – Scripture O – Observation A – Application P - Prayer

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. (Matthew 6: 14-15)

In Him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace. (Ephesians 1:7)

2. Reflection: Remember how your life was before you knew Christ and how your life has changed since Jesus came into your heart. Reflect in writing your heart of gratitude to Jesus for His forgiveness of your sins and bringing salvation to your life. Forgive and release anyone that has hurt you and bless them in Jesus name. Read Luke 6:27-37.
3. Conversation: Have a conversation with a Sister In Christ and ask her to share a time when she forgave someone and how it brought freedom to her life. Share a story from your life as well.
4. Pray: Begin praying for God to give you joy and peace as you walk in the spirit of forgiveness for yourself and others. Pray for those you know who are still struggling with unforgiveness in their hearts and that God would give them the strength and grace to forgive.

## **Session 5 - Monday, March 4th**

### **Study Verse: Matthew 6:13**

**“And lead us (bring) us not into temptation, but deliver us from the evil one. For Yours is the Kingdom and the power and the glory forever. Amen.”**

There is a battle going on right now, one between good and evil, between God in Heaven and the devil on this earth.

God is our Father therefore Satan is our enemy and he is a prowling lion looking for someone to devour. The enemy tempts us causing us to fall and be ensnared in sin putting us on the injured list and on the sidelines of the battlefield.

### **1 Peter 5:8**

Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.

Pray for God’s protection from the evil one. This part of the Lord’s Prayer is spiritual warfare. Everything we’ve learned so far brings us to the area of knowing our identity as soldiers and prepares us for the spiritual battle against the kingdom of darkness. This is of great importance in knowing without a doubt that we are the children of our Father, the Almighty God.

We are protected through the mighty blood of Jesus Christ, the power of the Holy Spirit and through the Word of God we claim victory over Satan. So, we always end our prayers with a victorious posture, in praise and thanksgiving!

For the entire kingdom belongs to our Father God, tremendous is the power of God, and magnificent is His glory for all eternity. We have full confidence knowing that the coming of the Lord is near and we can claim victory over the enemy.

Learn how to pray in the power of the Holy Spirit, to dress up for battle in the armor of God and never ceasing in prayer.

## **SESSION 5 - DISCUSSION QUESTIONS:**

1. What does this scripture mean to you?

When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does He tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. (James 1:13-15)

2. What areas do you feel tempted in? How is the enemy trying to lure you into sinning through temptation?
3. Pray for one another against the attacks of the enemy in the area of temptations.

## **SESSION 5 - DEEPER WALK QUESTIONS:**

Please complete these suggested activities this week, to help you grow closer to God. Get a notebook to write out your thoughts and responses.

1. Journal: Read the following two scriptures and SOAP on it.
  - a. S – Scripture   O – Observation   A – Application   P - Prayer

When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. Don't be deceived, my dear brothers and sisters. Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. He chose to give us birth through the word of truth, that we might be a kind of first fruits of all he created. (James 1:13-18)

2. Reflection: Reflect in writing the areas of weakness that continue to tempt you to sin. Ask God to give you strength and the overcoming ability by the Holy Spirit to gain victory over this area. Write out the areas that God has already given you victory over in your life and celebrate how much you have grown in your relationship with the Lord.
3. Conversation: Have a conversation with a Sister In Christ and ask her to pray for you in the areas that you may be tempted in your life. Share a victory story with one another on how God protected and strengthened you in an area of your life.
4. Pray: Begin praying for God to give you an overcoming spirit over the areas of temptation in your life, as well as an accountability partner to pray and encourage you when you feel weak. Pray for others who may be needing His faith, strength and protection in their lives over temptation.

# THE LORD'S PRAYER

OUR FATHER

WHO ART 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.

*and forgive our debts,*

AS WE ALSO HAVE FORGIVEN OUR DEBTORS.

AND LEAD US NOT INTO TEMPTATION,  
BUT DELIVER US FROM THE EVIL ONE;



MATTHEW 6:9-13

*for yours is the kingdom and the power and the glory forever. Amen.*