



## **"Prayer – Lead Us Not"**

### **Growth Group Questions for Week 5 in a 6-week Series**

Preached: March 15, 2026  
Scripture: Matthew 6:13  
Series: "Prayer" – Week 5 of 6

#### **PART 1 - REFLECTION QUESTIONS**

1. How does this passage help us to see G.O.T.H. (God Opens the Heart) in a new light?
2. Have you ever recognized God protecting you from a bad situation before you made a bad choice?
3. What does "Lead us not into temptation mean to you?
4. How does inserting the comma after "Lead Us," change how you read this passage?
5. Why is this prayer an admission of weakness rather than strength?
6. What is the difference between temptation and sin?

7. Do you find it comforting that Jesus was tempted? Why or Why Not?
8. Why do you think Jesus included this verse as a part of daily prayer?
9. What does it teach us about human nature? About dependence on God?
10. Where do we humans most commonly experience temptation?

## **PART 2 - PRAYER TIME**

Take time to pray for one another. Spend time asking God to open your heart to his leading and rescuing. Ask him to help you to avoid temptation and to rescue you when you fall. Invite group members to share and pray for one another in this challenging part of the Christian life.

## **PART 4 – THURSDAY PRAYER NIGHT**

On Thursday March 19<sup>th</sup> at 7:00pm, we will gather in the Sanctuary and practice the Emmaus Prayer together. All are invited to join us as we experience the power of praying together.

Emmaus Prayer: Luke 24: 13-35

On the road to Emmaus, two disciples are walking and talking when they are joined by Jesus. They don't recognize that the person walking with them is Jesus. This prayer exercise is intended to walk with someone for a time and with the help of the Spirit, pray for them. See these suggested steps below as ways to pray for one another.

This is a prayer exercise for two people.

1. Walk together for a specified amount of time. Usually 6-10 minutes. I'll use six minutes for the rest of this example.
2. In this first six minutes, one person talks and the other person listens. The person talking can share about anything going on in their life. It is free flowing. Talk about where God is working or not working in your life. Talk about your day – the last week – the last month – the last year.

3. The person who is listening does no interacting – only listening. At the end of the time, the listener simply offers a prayer to God about what they heard... With the help of the Holy Spirit, the listener is not only listening to the words of the talker – but realizing that Jesus is also walking with them – what might God be helping us notice as well.
4. On the walk back – the roles switch. The listener is now the talker and the talker the listener. Repeat the exercise and at the end, finish with prayer.
5. Possible Reflection Questions
  - a. How was it to be the talker?
  - b. As you talked, what themes began to develop?
  - c. What did you hear the listener pray for?
  - d. Did their prayer reveal any new insights?
  - e. How was it to be the listener?
  - f. What did you hear and what did you hear God say as you listened?
  - g. How was this prayer exercise for you
  - h. How does it feel to share in this kind of prayer together?

Here's a prayer inspired by Luke 24:13-35, where Jesus meets the two disciples on the road to Emmaus. It comes from the *Church of Ireland* website. It might be a good prayer to pray in preparation for your Emmaus Prayer Walk.

#### Emmaus Prayer

Risen One,  
like those disciples on the road to Emmaus,  
we struggle to recognize you in the everyday journey of our lives.  
We seek your wisdom in the midst of the questions we have  
about the circumstances we find ourselves in—  
circumstances sometimes beyond our control,  
but often of our own making.

Open our eyes, Light of the World,  
to your work of transformation in and around us.  
As we walk with you day by day,  
may your new life be made manifest in what we say to others.  
Help us to understand the power of our words to hurt or to heal;  
give us the graciousness to make all our conversations holy.  
Just as we desire that our speaking be holy,  
may our seeing be holy as well.  
We are bombarded with images everyday, O Christ,  
that shape our attitudes and behaviors.

As you opened the scriptures to the disciples  
and taught them everything,  
open our eyes to behold you in your Word,

in the beauty of nature,  
the beauty of another human being  
and the beauty of sacred art.

And in our seeing,  
help us to recognize and welcome the stranger in our midst.  
May our welcome be a celebration of the gifts and graces  
of persons who are different from us  
and not merely some token tolerance of an outsider.

You were known to the disciples in the breaking of the bread.  
May your resurrection presence guide us in the decisions we make  
about what we take into our bodies—  
especially what we eat and what we drink.  
Help us to understand our eating and drinking as sacred events,  
not to be abused or approached mindlessly.

So often we forget, Holy One,  
that you invite us to abide with you;  
to have our lives hidden in you.  
We thank you that you travel with us in our joys and our concerns. Amen.