**Life Group Notes – Sunday 19th November**

**‘Prayer and Fasting’**

**Discuss**

* Why is prayer an important part of Christian life?
* How often should we pray?
* What different types of prayer have you experienced?
* How important is listening as well as speaking when we pray?
* What is your experience of fasting?
* What part should fasting play in the life of a Christian?

**Read Matthew 6 v 5-18**

* What motivates you to pray? How can we ensure we are not like the hypocrites? (v5)
* Why is it important to pray in a secret place? (v6) How might that be possible when we pray with others?
* What does it mean to babble like pagans? (v7) How can we ensure our prayers are not full of empty words?
* What can the Lords Prayer (v9-13) teach us about how to pray and who we are praying to?
* How might unforgiveness and unrepentance impact our prayer life? (v12,14-15)
* How might fasting impact our prayer life?
* What rewards might we receive when we fast? (v18)

**PRAY:**

* Using the template of the Lord’s Prayer.
* For those who need a breakthrough in a situation they are facing.

**CONSIDER:**

* Planning a time to fast and pray together as a Life Group.