

JOURNEY THROUGH



GET INTO THE
WORD

GROUPS
DISCUSSION
GUIDE

THE BIBLE TOGETHER

Week of Sunday
January 4, 2026

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Living out our God-given calling as we follow Jesus and make disciples every day.

INTRODUCTION

In Matthew 6:5-15, Jesus isn't just giving us a religious ritual; He is inviting us into a transformation of the heart. In this new year how can we realign our heart for prayer from performative to relational, seeking to get God's will into our heart instead our will to God. Let's focus on how these verses challenge our motives and how the Lord's Prayer can reshape our daily priorities, and our trust in God's provision.

MARCS of a Disciple

SCRIPTURAL

How is the word of God shaping your prayer life?

Here are some questions you can discuss with the whole family.

Matthew 6:5-15

What do these verses show us about what God?

Encourage younger children to see God as a loving "Abba" or Father who listens, while asking older kids to reflect on God's holiness and His role as a provider who knows what we need before we even ask.

After reading this, what do you think God cares about when we talk to Him?

Help younger children understand that God loves heart-to-heart talks with us more than big performances; for older children, steer the conversation toward the importance of a sincere, humble heart and the necessity of forgiving others as we have been forgiven.

How can we change the way we pray or treat others this week because of what Jesus said?

For younger children, this might mean praying a simple "thank you" prayer at bedtime; for older students, challenge them to identify one person they need to forgive or a specific way to seek God's "kingdom" in their school life.

Week 1



Scripture to read as you pray.

Day 1: Psalm 26:2-3

Day 2: Hebrews 4:16

Day 3: Ephesians 1:18-20

Day 4: Matthew 5:43-47

Day 5: Ephesians 3:12-21

Day 6: John 17:13-15

Day 7: 2 Chronicles 6:19-21

LISTEN

Long Hollow Prayer Resources



Find resources for 28 Days of **Prayer from Long Hollow** like, weekly prayer prompts, prayer nights, and the Practice of Prayer.

WATCH

The Bible Project's Guide - The Lord's Prayer



See a video and a collection of articles to guide you through the **Lord's Prayer**. (20 min)

LIFE GROUP

We have a variety of resources and are continually adding new ones. Some of our resourced include group launch guides, on-demand training modules, and curriculum resources.

To request a resource reach out to us at groups@longhollow.com



longhollow.com/lifegroups

D-GROUP

If you or someone you know would like to start a D-group, we have everything you need, including reading plans, journals, and a launch guide to walk you through the first four meetings.



longhollow.com/dgroups

What's Going on?

Matthew 6:5-15 sits right in the heart of the Sermon on the Mount. This is a long stretch of teaching where Jesus explains what life looks like in the "Kingdom of Heaven." If you look at the chapters surrounding this passage, you'll notice a pattern. Jesus is constantly comparing two things: outward religious rules and the inward heart. Just before He talks about prayer, He talks about giving to the poor. Just after, He talks about fasting. In all three cases, giving, praying, and fasting, His message is the same: "Don't do this to be seen by men."

The Lord's Prayer acts as the centerpiece of this section. It serves as a model or a "template." Jesus isn't just giving us a script to memorize; He is showing us what to prioritize. The prayer starts with God's glory (His name and His kingdom) before it ever mentions our needs (our bread and our forgiveness). This literary structure teaches the reader that a healthy spiritual life starts by looking up at God's greatness before looking inward at our own problems. By placing this prayer here, Matthew shows us that following Jesus isn't about being the "most religious" person in the room; it's about being a child who trusts their Father for everything.

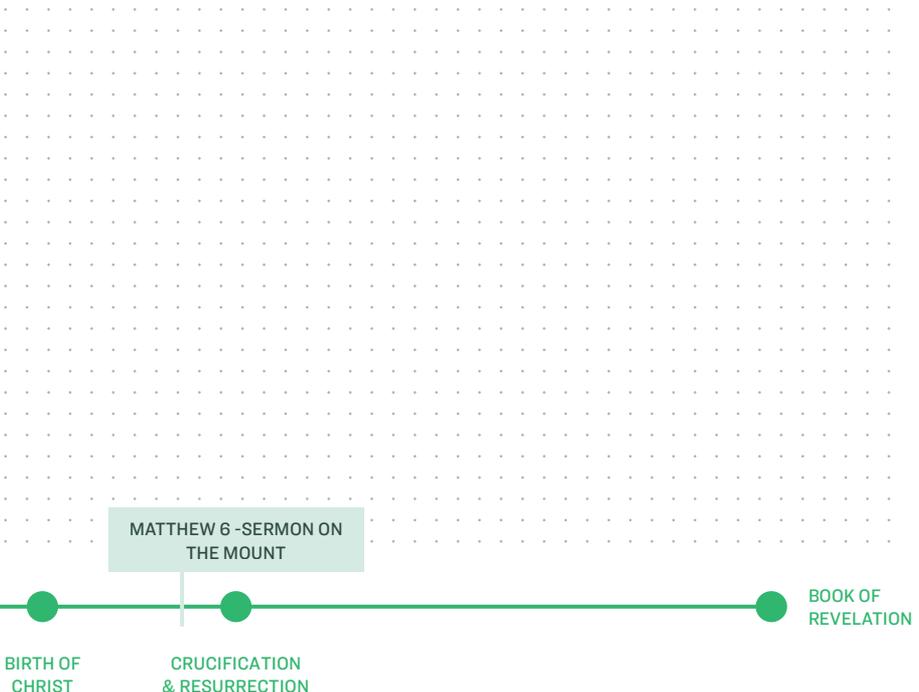
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A Bit of Background

In the world of the first century, prayer was a very public and often loud activity. In Jewish society, there were set times for prayer. If you were a person who wanted others to think you were very holy, you might make sure you were standing in a crowded marketplace or a busy street corner right when those prayer times arrived. By doing this, everyone would see your hands raised and hear your long, eloquent words.

During this time, the Roman world was also full of "pagan" religions. These worshippers believed that if they repeated the same phrases over and over or yelled loud enough, they could eventually exhaust their gods into giving them what they wanted. Prayer was treated like a transaction or a performance rather than a conversation.

Jesus stepped into this culture and turned it upside down. He wasn't saying that praying in public is always wrong, but He was attacking the motive. He wanted His followers to understand that God isn't a distant boss who needs to be impressed or a genie who needs to be tricked with long speeches. By calling God "Father," Jesus was introducing a radical idea: prayer is about a relationship. In a world of performance, Jesus offered intimacy.



“Whenever you pray, you must not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners to be seen by people. Truly I tell you, they have their reward. But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you. , When you pray, don’t babble like the Gentiles, since they imagine they’ll be heard for their many words. Don’t be like them, because your Father knows the things you need before you ask him. “Therefore, you should pray like this: Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one. , “For if you forgive others their offenses, your heavenly Father will forgive you as well. But if you don’t forgive others, your Father will not forgive your offenses.

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Living out our God-given calling as we follow Jesus and make disciples every day.

MISSIONAL

Engaging with the world to share the Gospel intentionally.

ACCOUNTABLE

Being transparent with Christ and other believers about your walk.

REPRODUCIBLE

Disciples who make disciples; the mentee becomes the mentor.

COMMUNAL

Living in deep community with other believers; never alone.

SCRIPTURAL

Grounded in the Word of God as the ultimate authority.



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