

FACILITATOR / TEACHER GUIDE

SESSION 8 – REMAINING IN PRAYER

Living a Life Shaped by Ongoing Relationship With God

PURPOSE OF THIS SESSION

This final session brings the study to a close—not with an ending, but with an **invitation to continue**. After walking through each movement of the Lord's Prayer, participants are invited to reflect on how prayer shapes not only words spoken to God, but **a way of living with God**.

Rather than introducing new material, this session helps participants:

- Look back over the journey of the study
- Integrate the themes of relationship, worship, alignment, dependence, forgiveness, and trust
- Consider what a life shaped by prayer looks like moving forward

The purpose of this session is to help participants see prayer as **ongoing relationship**, not a completed lesson.

INTENDED USE

This lesson is designed for **personal reflection and group discussion**. Participants should complete the Student Guide before the group gathering.

The facilitator's role is to:

- Create space for reflection rather than teaching
- Help participants name growth without pressure
- Encourage integration rather than evaluation
- Keep the tone spacious, gentle, and hopeful

This session should feel **unhurried, reflective, and affirming**.

LEARNING OBJECTIVES

By the end of this session, participants should be able to:

- Reflect on how their understanding of prayer has shifted
- Recognize prayer as a way of life, not just a practice



- Identify themes that now shape how they pray
 - Articulate one or two practices they want to carry forward
 - Leave with confidence that prayer continues beyond the study
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FACILITATOR PREPARATION

Before leading the session:

- Review the progression of the Lord's Prayer as a whole
- Reflect on how your own view of prayer has been shaped
- Prepare to listen more than speak
- Be comfortable with silence and gratitude
- Avoid turning this into a "wrap-up lecture"

The goal is **integration, not instruction**.

SESSION FLOW (60–75 MINUTES)

1. WELCOME AND OPENING PRAYER (5 MINUTES)

Welcome participants and name the significance of the moment.

You may say:

"Today we come to the final session of this study. Rather than finishing something, we're reflecting on what continues."

Open with prayer, thanking God for:

- Presence throughout the study
- Growth, insight, and honesty
- The invitation to ongoing relationship

Suggested prayer focus:

- Gratitude
- Openness to what comes next
- Trust in God's continuing work



2. ORIENTING THE GROUP: PRAYER AS A JOURNEY (5 MINUTES)

Briefly frame the purpose of the session.

Key points to highlight:

- The Lord's Prayer is not a checklist, but a formation
- Each movement shapes how we relate to God and others
- Prayer continues beyond this study

Key teaching point:

Prayer is not something we complete—it is something we **remain in**.

3. LOOKING BACK: THE JOURNEY OF THE PRAYER (10–15 MINUTES)

Invite the group to reflect on the entire study.

Discussion prompts:

- **Which session or line of the prayer stood out most to you?**
- **What surprised you about prayer during this study?**
- **Where did you feel challenged, comforted, or invited to grow?**

Facilitator guidance:

- Allow a range of responses
 - Avoid ranking insights
 - Affirm each reflection
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4. DISCUSSION: HOW PRAYER HAS SHIFTED (10 MINUTES)

Focus on change and awareness.

Discussion prompts:

- **How has your understanding of prayer changed, if at all?**
- **What assumptions about prayer have been challenged?**
- **What feels more accessible or honest now?**

Encourage reflection rather than self-evaluation.



5. DISCUSSION: PRAYER AS A WAY OF LIFE (10 MINUTES)

Shift attention toward integration.

Key teaching point:

Prayer is not limited to words—it shapes posture, awareness, and trust.

Discussion prompts:

- **What does it mean to live prayerfully?**
- **How might prayer shape daily decisions, relationships, or reactions?**
- **Where do you notice prayer becoming more relational than transactional?**

Keep this practical and grounded.

6. REFLECTION: WHAT CONTINUES (5–10 MINUTES)

Invite inward reflection.

Reflection questions:

- **What part of the Lord's Prayer do you return to most easily now?**
- **What area of prayer still feels tender or unfinished?**
- **What helps you remain connected to God?**

Allow silence.

7. INVITATION: CARRYING PRAYER FORWARD (5–10 MINUTES)

Help participants articulate next steps.

Discussion prompts:

- **What practice or posture do you want to carry forward?**
- **What might help prayer remain a living relationship?**
- **What is one gentle commitment you want to make?**

Encourage simplicity and grace.

8. CLOSING PRAYER AND BLESSING (5 MINUTES)



Close the study with gratitude and blessing.

You may:

- Invite participants to share a word of gratitude
- Pray the Lord's Prayer slowly together
- Offer a spoken blessing over the group

Optional prayer focus:

- Ongoing trust
- Faithfulness in ordinary life
- God's nearness beyond the study

KEY TAKEAWAY FOR FACILITATORS

This session is about **continuation, not conclusion.**

If participants leave with:

- Greater confidence in prayer
- Reduced pressure to “pray correctly”
- A sense of invitation rather than obligation

then the study has done its work.

Let prayer remain relational.

Let trust continue to grow.

Let this not be an ending, but a beginning.

