

STUDENT STUDY GUIDE

SESSION 8 – REMAINING IN PRAYER

Living a Life Shaped by Ongoing Relationship With God

SESSION FOCUS

This final session is not meant to conclude prayer, but to **reframe it as a way of life**. Throughout this study, you have explored each movement of the Lord's Prayer—not as a formula to memorize, but as a pattern that shapes how we live in relationship with God.

Prayer is not something we complete or master. It is something we **remain in**. This session invites you to look back on the journey, notice how your understanding of prayer has shifted, and consider how prayer continues beyond this study.

OPENING REFLECTION

Before reading, pause and reflect honestly.

How has your understanding of prayer changed during this study?

What parts of prayer feel more natural or honest now?

Where do you still feel uncertainty, tension, or invitation?

(You may want to write a few notes before moving on.)

SCRIPTURE READING

Read **Matthew 6:9–13** slowly, one final time.

As you read, pay attention to:

- The movement of the prayer as a whole
- Which lines draw your attention now
- How the prayer feels different than when you first began this study

Do not rush. Let the prayer settle.

KEY IDEA

Prayer is not just something we do—it is **a relationship we live in**.



The Lord's Prayer shapes posture, trust, dependence, mercy, and awareness. It invites us not to perform, but to remain connected to God in ordinary life.

PART 1: LOOKING BACK ON THE JOURNEY

This study has walked through each movement of the prayer.

Reflection Questions

- Which line or session stood out most to you?
- What surprised you about prayer along the way?
- Where did you experience comfort, challenge, or growth?

Personal Notes:

PART 2: HOW PRAYER HAS SHIFTED

Prayer often changes quietly.

Reflection Questions

- How do you approach prayer differently now?
- What assumptions about prayer have been challenged?
- What feels more accessible or honest than before?

Personal Notes:

PART 3: PRAYER AS A WAY OF LIFE

Prayer extends beyond words.

Reflection Questions

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

Personal Notes:

PART 4: REMAINING CONNECTED



Prayer is sustained through relationship, not effort.

Reflection Questions

- What helps you remain aware of God's presence?
- What pulls your attention away from prayer most easily?
- What rhythms or practices help prayer stay alive?

Personal Notes:

PART 5: WHAT CONTINUES

Some areas of prayer feel settled; others remain open.

Reflection Questions

- Which part of the Lord's Prayer do you return to most easily now?
- What part still feels unfinished or tender?
- What does it mean to trust God with what is unresolved?

Personal Notes:

LOOKING FORWARD: CARRYING PRAYER INTO DAILY LIFE

Prayer continues beyond this study.

- What posture or practice do you want to carry forward?
- How can prayer remain relational rather than pressured?
- What is one gentle commitment you want to make moving ahead?

Personal Response:

CLOSING PRAYER

Take a moment to pray—silently or aloud—for:

- Gratitude for what God has shaped in you
 - Trust in God's continuing presence
 - Openness to ongoing relationship
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OPTIONAL TAKE-HOME PRACTICE

In the days ahead:

- Return to the Lord's Prayer slowly and intentionally
- Notice which lines meet you most often
- Let prayer shape awareness rather than performance

Ask yourself: **What does it mean to remain in prayer today?**

FINAL THOUGHT

Prayer does not end with a study.

It continues as relationship.

You are not invited to pray perfectly—
you are invited to **remain connected**.

**Let prayer be a place you return to,
again and again.**

