

PRONE TO WANDER

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Psalms 5:3 vs. Psalm 141:1; Mark 1:35 vs. Luke 6:12

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Matthew 6:6; 14:23; Mark 1:35; Luke 5:16

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Psalms 5:3; 27:7; 55:17; 141:1-2

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Matthew 6:9-13; **Luke 11:1-4**

1. [Our] **Father** [in heaven], **hallowed be your name.**
2. **Your kingdom come**, [your will be done, on earth as it is in heaven.]
3. **Give us each day our daily bread.**
4. **Forgive us our sins, for we also forgive everyone who sins against us.**
5. **And lead us not into temptation** [but deliver us from the evil one].

Transformed by the Truth

QUESTIONS FOR REFLECTION AND DISCUSSION

1. Are you “prone to wander” during your times of prayer? If not, how have you learned to minimize distractions? If so, what are some of the factors that make it difficult for you to keep your focus?
2. At what time of day have you found it easiest to devote yourself to prayer? Why? When is your worst time?
3. What are some of the places you have had especially meaningful times of prayer? What did those places have in common? Where is your most private place now?
4. Do you prefer to pray silently or out loud? Why?
5. Carefully re-read both Matthew 6:9-13 and Luke 11:2-4. Can you fit all of your daily prayer requests under the five sections of the Lord's Prayer? Try it!