



Introduction

The Struggle Is Real . . . and Good

Baseline Understanding

- What is Prayer? (biblical and personal definition)
 - How do you define a “Struggle”?
 - Can a struggle be perceived as “GOOD”? If so, Why and How?
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Why Do We Struggle to Pray?

- The struggle to pray is real — every believer experiences ups and downs in pursuing God through prayer
 - The struggle is actually good — we don't struggle to do what we want to avoid; the desire to pray proves God is at work in us
 - Sin separated humanity from God (Genesis 3:8, Isaiah 59:2), yet through Christ we have been given direct access to the Father
 - A life of faithful, fruitful, and joyful prayer is within the grasp of every Christian
 - Halloran uses a head-heart-hands approach: gospel truths (head), heart diagnosis (heart), and practical steps (hands)
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Chapter 1

I Forget Why Prayer Matters

Chapter 1: Key Points to Remember

- Through redemption in Christ, we have a direct line to heaven — God never sends His children to voicemail
 - Yet we forget to pray and forget why prayer matters; we look for satisfaction in other places
 - Like William Randolph Hearst searching for art he already owned, we forget the riches of the gospel we already have in Christ
 - When we don't have clarity about why we pray, the what (content) and how (manner) of our prayers will suffer
 - The Lord's Prayer (Matthew 6:9–13) is a foundational guide for understanding why prayer matters
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The Lord's Prayer from God's Perspective

- Our Father in Heaven – Relationship and Submission
 - Hallowed be Your Name: Holy and Exaltation
 - Your Kingdom Come: Humbly requesting God's rule on earth
 - Your will be done on Earth as it is in Heaven: Acknowledge God's will is what's best
 - Give Us this day Our Daily Bread: Ask for what You Need
 - Forgive Us of our debts, as We forgive Our Debtors: Forgiven People, Forgive.....
 - Lead Us not into Temptation, but Deliver Us from evil: Help Me Internally and Externally
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Chapter 2

I Don't Know What to Pray

Chapter 2: Key Points to Remember

- Many believers don't know what to pray, or they pray the same thing repeatedly and stop due to monotony
 - Some reasons are intellectual — we don't know how to pray in a specific situation; others are volitional — our hearts are distracted
 - The Lord's Prayer gives us a Spirit-inspired path for knowing what to say in prayer
 - General approach: Use its petitions as a template and fill them with specific praises and requests
 - Specific approach: Filter one person or situation through each petition of the Lord's Prayer
 - Martin Luther recommended this technique in his book *A Simple Way to Pray* — take each petition and meditate on it
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Using the Lord's Prayer as Your Guide

Glorify

"Hallowed be your
name"

Praise God for who He is
— His holiness,
faithfulness, and love

Align

"Your kingdom come,
your will be done"
Submit your desires to
God's greater
purposes

Ask

"Give us . . . forgive us
. . . deliver us"
Bring your needs for
provision, pardon, and
protection

- Pray through each petition slowly, personalizing it for your life and circumstances
 - Use the Lord's Prayer to pray for specific people, filtering each person through its petitions
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Key Takeaways

- 1** Struggling in prayer is a sign of spiritual life, not spiritual failure — we don't struggle to do what we want to avoid
 - 2** We must remember why we pray to stay motivated — prayer is fellowship with our Father, not a duty to check off
 - 3** The Lord's Prayer is a versatile, Spirit-inspired tool for overcoming common prayer struggles
 - 4** Prayer involves glorifying God, aligning with His will, and asking for provision, pardon, and protection
 - 5** When we don't know what to pray, the Lord's Prayer gives us a clear path — use it as a template or filter
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Key Scripture References

Key Scripture References

Matthew 6:9–13

The Lord's Prayer — Jesus' model for how and why to pray

Genesis 3:8, 22–24

Sin severed communion between God and humanity

Isaiah 59:2

“Your iniquities have made a separation between you and your God”

Romans 3:10–11

“None is righteous . . . no one seeks for God”

1 Peter 4:7

“Be self-controlled and sober-minded for the sake of your prayers”

Colossians 4:2

“Continue steadfastly in prayer, being watchful in it”

Proverbs 15:8

“The prayer of the upright is acceptable to Him”



Reflection Questions

