

SERMON NOTES

Ps Josh Plumb
Nexus Church
19 APR 2026

Prayer: Our Father

Rom 15:13; Matt 6

opening prayer

Begin by pausing to simply pray: "Father, I'm here. Thank you that you are near." Allow silence as you become aware of His presence.

overview

- Prayer is relational, not transactional. Invitation into deepened relationship with the Lord.
- In prayer, we move from *belief to dependence* by placing the weight of our lives on Him.
- Praying "Our Father" changes everything, sharing in Jesus' relationship with Father God.
- Daily prayer gradually replaces fear and anxiety with fear of the Lord and the fruit of His Spirit.
- The Lord is near. Prayer isn't confined to specific moments, but is an ongoing conversation throughout the day.

discussion

- 1** Ps Josh used the illustration of trustfully placing the full weight of our body onto a chair as we sit. How does this illustration help you understand the difference between believing in God and actually trusting Him through prayer?
- 2** When praying, do you ever feel pressure, find yourself being performance-minded or overly outcome-focused? Share which way you tend to default in prayer.

go deeper

Drawing from **Rom 15:13** and the Lord's Prayer in **Matt 6**, Ps Josh's encouraging message on prayer reshapes our understanding of prayer from a religious duty into an intimate relationship with the Lord.

The sermon explores why prayer can feel difficult, acknowledging our tendency to feel pressure to pray a certain way or to assess its quality based on eloquence, both of which leave us feeling inadequate. Jesus revolutionises this when He teaches the disciples to pray *Our Father*, inviting us into the very relationship He shares with Father God. Prayer isn't about achieving something or completing a task; it's about being with the Lord.

Like sitting with a loved one, a relationship includes conversation, silence, presence, and the joy of simply being together. The greatest reward of prayer isn't what we receive from it, but the relationship with God Himself. This transforms how we approach anxious thoughts and life's challenges, not through transactional moments of crisis prayer, but through incremental, daily connection.

May we be people who respond to the invitation to gradually replace the steady hum of fear with the steady hum of His peace.

bible study

Read Hebrews 5:7 together.

Consider what it might've looked like for Jesus to constantly bring His prayers to Father God with *reverent submission* (fear of the Lord).

If this were Jesus' posture, being fully man and fully God, consider and discuss:

- Your current mindset towards prayer, and
- Your posture before the Lord in prayer

discussion cont.

- 3 When Jesus taught His disciples to pray *Our Father*, He revealed the heart of God as relational, to the point of a father-son relationship. How does this understanding reshape your view of prayer?
- 4 The disciples asked Jesus to teach them to pray because they saw something different in His prayer life. What would it look like for others to notice something different about your relationship with God?

application

Incorporate this simple statement into your prayer this week, saying, "**Father, I'm here. Thank you that You are near.**"

Apply it:

- During transitions (driving, walking, between tasks).
- When anxiety rises.
- Before bed and upon waking.

Pause afterwards to allow time and space to listen to what He may impress upon your heart.

prayer

Spend at least 10-15min praying together.

- Pray that we would approach the Lord in prayer through relationship, remembering that He longs to be with us.
- Pray that we would reverently submit to the Lord with our whole selves.
- Pray for one another, and for any specific burdens to be cast onto the Lord.

MORE RESOURCES

Prayer: Our Father

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Be vulnerable: Share your own struggles with prayer to create a safe space for honesty.

Encourage variety: People connect with God in different ways; affirm diverse approaches.

Prayer/praise report from your group? Anything else you think we should know? [Click here](#) to pass it on to our Pastoral Team so we can address it in our weekly meeting.

additional questions

1. Have you ever experienced prayer feeling difficult, awkward, or as though you're *hitting a ceiling*? Discuss.
2. If yes to the above, how might that difficulty in prayer have distorted your view of the Lord, and therefore, of your own standing before Him?
3. The sermon mentioned that the greatest reward of deep friendship is not what you get from it, but it's the friendship itself. Knowing this, what are you going to change in your approach to prayer?
4. Read **Phil 4:6-7**. Ps Josh shared how he shifted from seeing this as a *momentary transaction* to understanding it as an *incremental change through regular prayer*. How does this challenge the expectations (or even agendas) we may unknowingly have when commencing prayer?
5. Prayer is: *talking to the Lord, listening to Him, and being with Him*. Which aspect comes most naturally to you, and which is most challenging?

deeper study

Read Matt 6:9-13 and Luke 11:1-4 aloud together.

Consider and discuss the invitation we have in prayer, and our standing before Father God, presented to Him through/alongside Christ.