

SERMON NOTES

The Power Of Prayer

Ps Nathan Bean
Nexus Church
26 APR 2026

Matt 6:1-15

opening prayer

Begin by inviting God's presence into your gathering. Ask Holy Spirit to soften hearts and bring revelation as you discuss prayer together.

ice breaker

Share one memorable answer to prayer you've experienced or witnessed in your life.

overview

- The early church believed prayer had the power to change everything.
- Jesus' disciples asked Him to teach them how to pray. He valued relationship with Father God above all else, which determined His fervent prayer life.
- Prayer is relational, not performative. Approach the Lord as *Our Father* - as His son or daughter.
- Harboring unforgiveness makes prayer less effective.

4 barriers to prayer

In Western Culture, we love...

1. Progress
2. Clarity
3. Information
4. Entertainment

This becomes a barrier, as prayer...

1. Doesn't show immediate results
2. Involves mystery
3. Isn't about attaining knowledge
4. Isn't entertaining

go deeper

This sermon explored the transformative power of prayer while challenging common misconceptions. Ps Nathan emphasised that prayer is not about performance, volume, or finding the right formula, but about entering into an intimate, relational connection with the Lord as our Father. Drawing from **Matt 5-7**, prayer is to be fostered in the secret place and grounded in relationship, rather than religious performance or public display.

Living in such a fast-paced age, our challenge becomes slowing down, switching off, and growing in the self-discipline of prayer. The prayer barriers Ps Nathan mentioned both subtly undermine the building of a steady prayer life and weaken our dependence on the Lord.

Prayer changes everything and is more central and powerful than we will ever understand. The invitation to us is to reorient our lives around the Lord, understanding our identity as sons and daughters, approaching Him as *Our Father* and relating to Him through grace rather than performance.

Finally, the sermon underscores the way unforgiveness becomes perhaps the most significant blockage to effective prayer, as per Jesus' words in **Matt 6:14-15**.

reflection

Take a few minutes to silently reflect on the questions below. Don't entertain any feelings of guilt or inadequacy; remember - we are invited into deeper intimacy with Him.

1. When was the last time you had a time of prayer that wasn't rushed or distracted?
2. What's one thing you can change in your schedule to further prioritise prayer?

discussion

- 1** Reflect on the story of Jesus in the Garden of Gethsemane in **Matt 26:36-45**. Why was Jesus upset that the disciples weren't praying for Him, and what does this reveal about the power of prayer?
- 2** Which of the four barriers to prayer resonates most with you, out of: *progress, clarity, information, or entertainment*? Elaborate.
- 3** In your own experience, what is the difference between *seen prayer* and *secret prayer*?
- 4** In **Matt 6:14-15**, Jesus links our forgiveness *from* God to our forgiveness *of* others. Why do you think holding unforgiveness in our hearts becomes such a significant hinderence in prayer?

application

Seek to integrate the following practice into your prayer life this week:

Pull out your phone or journal and write a list of 3-5 people who need prayer. Commit to praying for them daily, remembering that your prayers make a difference.

prayer framework

Confession - Invite Holy Spirit to reveal areas where we have been harbouring unforgiveness.

Forgiveness - Take time for silent prayer, allowing each person to ask the Lord to help them forgive those who have wronged them.

Intercession - Pray together, for:

- Each other's specific prayer requests
- Breakthrough in areas where you've felt stuck

MORE RESOURCES

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Reminder: Help your group understand that prayer is about relationship, not perfection or performance. Share your own struggles with prayer to create a safe space for honesty. Follow up with group members this week to encourage them in their prayer commitments

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. The disciples asked Jesus to teach them to pray, not to preach or do miracles. Why do you think they prioritised prayer above everything else they witnessed?
2. Ps Nathan mentioned that if humanity were to pray the Lord's Prayer daily, the whole world would change. What do you think he meant by this?
3. Have you ever caught yourself praying to impress others rather than to connect with God?
4. Is there someone in your life you need to forgive (**you don't need to name them**). What's holding you back from releasing them, or even bringing the situation to the Lord in prayer?

deeper study

Read Matt 6:1-15 & Luke 11:1-13

Reflect: How did Jesus prioritise prayer in His ministry? (See also Mark 1:35; Luke 5:16, 6:12)

Journal: Write out the Lord's Prayer in your own words, making it personal to your current circumstances.