



# P R E S E N C E



February Teaching Series

# Our Father

Week 1



# Overview

The disciples ask Jesus a surprising question: “Lord, teach us to pray.” They sensed that Jesus prayed differently. His prayers flowed from deep intimacy with God, marked by trust, listening, and a confident awareness of the Father’s presence.

Jesus responds not by telling them to pray more or harder, but to pray differently. He begins with a radical reorientation: “Our Father in heaven, hallowed be your name.” By calling God “Father,” Jesus reveals that the holy, powerful Creator is also intimately knowable and deeply loving.

At the core of our struggle with prayer is often our difficulty in trusting God’s love. This tension traces back to Genesis, where the serpent questions God’s character—suggesting that God is withholding rather than generous. Jesus restores what was lost by inviting us to relate to God not as a distant authority, but as a loving Father.

To “hallow” God’s name is not to flatter Him, but to reorder our own hearts. In a world filled with competing voices and values, prayer begins by giving God our attention. As we slow down, notice our inner and outer world, and honor God for who He is, our loves are reshaped and our lives re-centered.

This week, we are invited to practice prayer as presence—settling our bodies, beginning with adoration, praying Scripture, and ending with gratitude. Prayer becomes less about performance and more about making our home in the loving presence of our Father.

# Reading

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## Luke 11:1-4 & 11-13

*1 One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." 2 He said to them, "When you pray, say: "Father, hallowed be your name, your kingdom come. 3 Give us each day our daily bread. 4 Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."*

*11 "Which of you fathers, if your son asks for a fish, will give him a snake instead? 12 Or if he asks for an egg, will give him a scorpion? 13 If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"*

# Discussion

When you hear the word prayer, what emotion comes up for you most naturally? (Comfort, confusion, guilt, peace, resistance, curiosity, etc.)

What stands out to you about the way Jesus prayed compared to how you normally pray?

What words or images come to mind when you think of God as Father?

In your own life, what makes it difficult to fully trust God as loving and good?

How is what you pay attention to the most is shaping your inner life?



# Practice

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This week, try praying (6 minutes) with these three movements:

**1. Settle your body in the Father's Love** — *breathing, stillness, noticing*

- Sit in the Father's love by lifting up your inner life to him
- Pay attention to your mind and body
- Come back to the moment when you get distracted

**2. Adore God** – *A simple phrase, singing, or read a psalm*

- Actively declare God's greatness
- Reorder what you have been centering your life around
- Humble yourself before God, and he will lift you up

**3. End with Gratitude** – reflect and thanksgiving

- Watched yesterday like a movie in your mind
- Reflect where you noticed God's presence
- List three things you are grateful for

## Further Resources

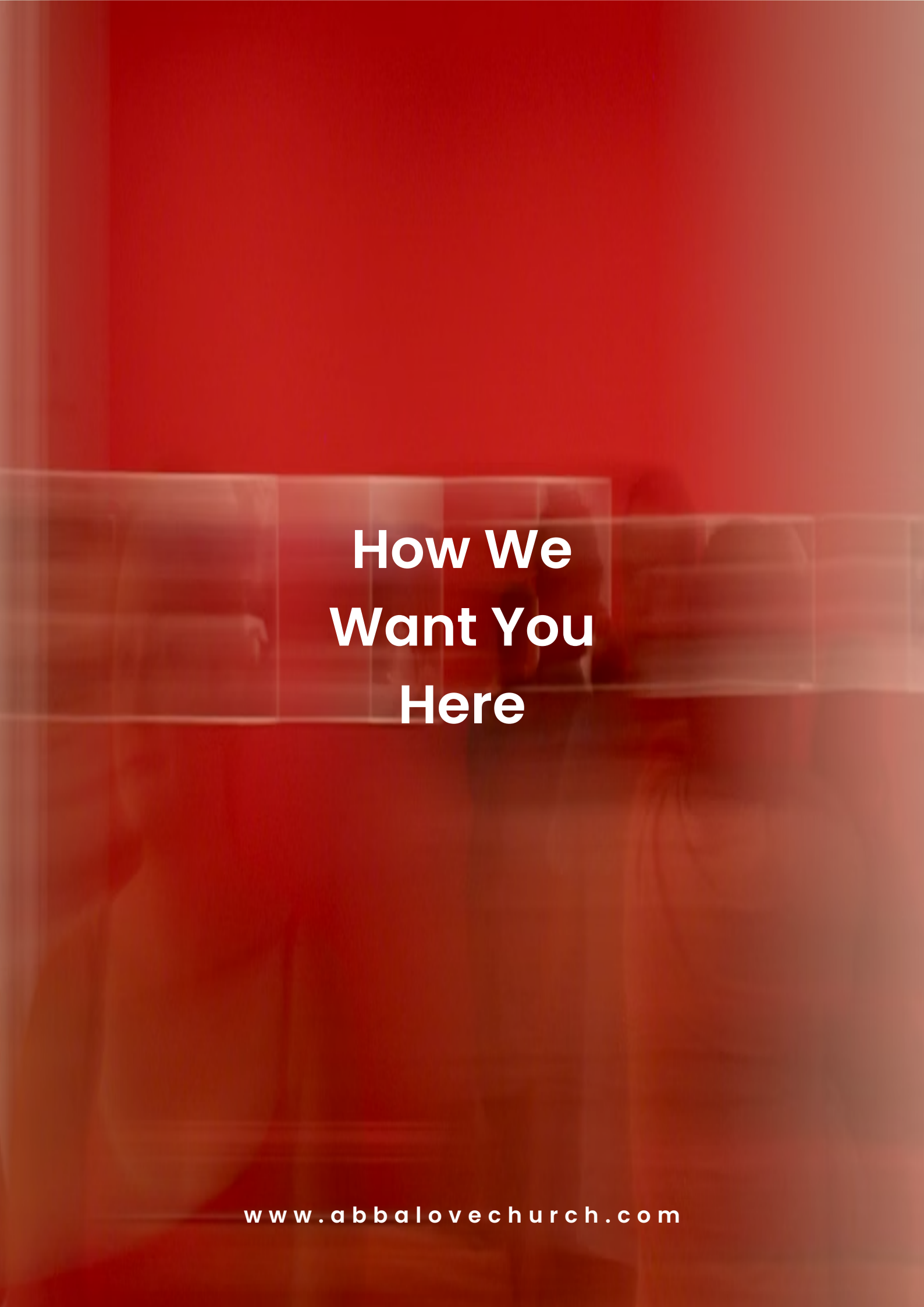
**Video: Presence Teaching Series** – Abbalove Church

**Book: Praying Like Monks Living Like Fools** – Tyler Staton

**Book: How to Pray: A Simple Guide For Normal People** – Pete Greig

**Podcast: Rule of Life: Prayer** – Practicing the Way





# How We Want You Here

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