

1. Have you ever tried to follow a weight loss maintenance plan? What was difficult about it? What helped you succeed (if applicable)?

2. Read Matthew 7:7–11. Why does Jesus include this passage on prayer at this point in his Sermon? What are some of the implied principles in this text?

3. What is the pattern of prayer that Jesus describes? How does this help us understand prayer as more than simply what we say to God?

4. What kind of argument does Jesus make for helping us have confidence in God’s provision? How does he describe God?

5. What can we expect to receive from the Father when we ask him? What ought not we expect?

6. Read through all of Matthew 5:1–7:6. Jot down any areas where you sense your “maintenance plan” needs tweaking. Start bringing the pattern of persistent prayer to God. Have a conversation. Intentionally seek Him in His Word (use Google or the Bible App) about that area. Then, worship him as your Father, knowing that what the Father requires, the Father provides. Express your confidence in him and your thanks to him for what you know He will provide for you.