

MENS LIFE BLOOMINGTON — Week 3

Tuesday, October 14, 2025

Authentic Brotherhood | Prayer as Breath

Overview: When Jesus' disciples asked how to pray, He gave them a simple pattern that reshaped how they saw God, the world, and themselves. It begins with God's name, His Kingdom, and His will—then it turns to our daily needs, forgiveness, and strength in testing. But Jesus didn't just teach this prayer—He lived it. Prayer is a steady rhythm of relationship—a conversation that flows through every moment of life. It's breathing in God's truth and breathing out our response of gratitude, trust, and hope. Jesus modeled that rhythm so we could live it too—aware of the Father's presence in all things, one breath, one prayer at a time.

Verse: *"Pray without ceasing."* Thessalonians 5:17

Video: Bible Project – What Do We Pray About

Presentation Points:

- Prayer is relationship, not ritual. Jesus taught us that prayer isn't about fancy words or "vain repetitions," but about a living, ongoing conversation with our Father.
- Jesus modeled constant communion. He often withdrew to pray, yet He also walked in continual awareness of His Father—prayer was His steady rhythm of life.
- Prayer is the breath of dependence. Like breathing, it's regular and essential—drawing in God's truth and exhaling our gratitude, trust, and need.
- We learn to breathe through practice. Simple habits—walking prayers, gratitude pauses, journaling honest thoughts—turn prayer from an occasional act into a daily way of life.

Discussion Questions:

- **Vain Repetition vs. Real Connection:** The video reminds us that Jesus warned against "vain repetitions." How do you move from reciting words to real conversation with God?
- **Our Father:** Jesus began His prayer with "Our Father in heaven." What does that phrase mean to you personally? How does it shape the way you approach God?
- **Your Kingdom Come:** If prayer is joining God's purposes on Earth. How does starting prayer with His Kingdom and His will change how you pray about your own needs?
- **Daily Bread & Dependence:** Jesus taught us to pray for daily bread, in other words, what we need today to sustain us. Where do you struggle most to trust God one day at a time? What helps you depend on Him in practical ways?
- **Forgiveness as Breathing:** The Bible Project said forgiveness is like breathing—you inhale God's mercy and exhale it toward others. Who in your life might you need to "exhale" forgiveness toward? What's holding you back?
- **Seeing God at Work:** In your own rhythm of prayer, where have you seen God at work recently? Big or small, what moments reminded you that He's present and active?
- **Prayer as Daily Breath:** If prayer truly is as vital as breathing, what's one step you could take this week to make it a natural rhythm—whether it's journaling, a short walk, a simple "thank you," or just pausing to listen?

Closing Prayer:

Lord, may prayer become as natural as breathing for me. Let it be the steady rhythm of my days—less about the right words and more about simply being with You. Shape my heart so that every breath becomes an act of trust and every moment an opportunity to know You more deeply. Teach me to practice solitude in Your presence. Amen.

Next Lesson: Soul Resilience Training (After Our Luncheon)