

THANK YOU FOR YOUR INTEREST IN THE *PRAY LIKE THIS* BIBLE STUDY!

I'm so excited to partner with you in encouraging women to pursue God and walk in the way of Jesus. *Matthew: Pray Like This* is a six-week Bible study on the Gospel of Matthew that equips us to experience the life-transforming power of praying like Jesus.

My goal is to make it easy for you to invite, lead, and enjoy this group experience. Whether this is your first group or your fiftieth, this guide contains everything you need to lead with confidence and joy!

Praying for You, Barb

1 WHO IS THE *PRAY LIKE THIS* STUDY FOR?

Matthew: Pray Like This is written for anyone who desires to pray effective prayers like Jesus. Whether the people in your group have lots of questions about prayer or they are veteran prayer warriors, this study is for every stage of the Christian life.

This study offers everyone an opportunity to learn to pray powerfully and deepen their connection with God.

2 WHAT WILL YOU STUDY?

This six-week study is an in-depth exploration of Jesus' prayer patterns and his teaching on effective, powerful prayer.

- Week One: Preparing for Prayer
- Week Two: Lord, Teach Us to Pray
- Week Three: Praying for God's Kingdom & God's Will
- Week Four: Praying for Our Needs
- Week Five: Forgiveness & Forgiveness
- Week Six: Praying for God's Protection

3 WHAT ARE THE SPECIAL FEATURES IN THIS STUDY?

If you were a fan of daily application exercises similar to my *Surrendered* or *Joshua: Winning the Worry* Bible studies, you'll enjoy *Matthew: Pray Like This*.

Each day includes multiple special features that equip you to pray powerfully like Jesus and creative exercises that add to your prayer toolbox when praying for others.

4 IS THERE A LEADER GUIDE?

Yes! It's right here in this document, so keep reading! There are also email and text invite templates to make it easy to start your group!

Make sure to check out my FREE prayer board kit digital download in this packet! Share the QR code with your group.

5 WHERE CAN I PURCHASE *PRAY LIKE THIS*?

Pray Like This Bible study is available at Amazon, ChurchSource, Barnes & Noble, Christianbook.com, and other retailers.

6 CONNECT WITH BARB!

Visit my online home at BarbRoose.com.

Reader Review!

Amazon Customer
★★★★★ Amazon Vine Customer Review of Free Product
Beautiful Guide To Prayer
Reviewed in the United States on March 1, 2025
I love this book. It's very simple, easy to read and understand. I do struggle with finding the right words to say during prayer sometimes and want some guidance, but at the same time too embarrassed to ask because I should just know right? Well I don't, and this book was exactly what I needed.

It does a great job of explaining not just how to pray, but also why prayer is important, reinforcing key teachings in a way that's easy to understand. You'll want to have a bible nearby because you will be using it as you go through the book. Highly recommend for anyone looking to deepen their prayers.



WELCOME/READ SAFE GROUP GUIDELINES (5 minutes)

After welcoming the group, especially any new people to the group, take time to read the Safe Group Guidelines in the introduction section on page xi.

Even if your group has been meeting for a long time, the guidelines are a great way to pause and remind everyone to take care when listening and sharing with each other during discussion time. Also, these guidelines communicate a sense of safety, which can increase group connection and participation, especially for those who are new to the group.

PRAYER (5 minutes)

You can invite someone to pray before the start of the group. If someone wants to pray but hesitates, you can encourage them to read a prayer from one of the study day's that week.

DISCUSSION TIME (40 minutes)

As the group leader, you can start with the icebreaker question, which is intended to warm the group up for the conversation to come. If your group tends to rabbit trail, then you can skip the icebreaker and jump right into discussion time.

- You may not have time to cover all the questions in the leader guide and that's okay. Everyone can answer each question or you can go around the group and ask a different question to each person. Whatever you decide is up to you.
- If you find that one or two people dominate the discussion, it's recommended to introduce a two-minute timer so everyone has an opportunity to share if they choose to participate.
- We want to be doers of the Word, not just hearers, so this portion of your group time gives participants a chance to declare where they believe God is calling them to think, believe, or live differently.

SHARE PRAYER REQUESTS/CHOOSE PARTNERS (10 minutes)

Option 1: Share Prayer Requests

You can distribute notecards at the beginning of each week and ask women to write down a prayer request or share a celebration. After group discussion time, the ladies can either pass the cards to the left or right OR put the cards in the middle and everyone draw one. This ensures that everyone is prayed over during the next week.

Option 2: Create Prayer Partners

Match the women up in pairs or groups of three to pray for each other. Women can share specific prayer requests either in person, via email or text with their group. You don't have to closely monitor, but a text or email reminder to pray would be helpful.

Online participants: If you're meeting virtually, you can pair up participants and prayer requests can be exchanged via text message.

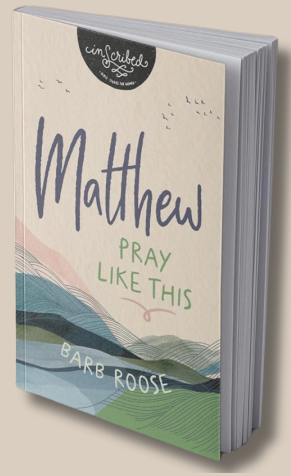
PREVIEW NEXT WEEK'S STUDY

It would be helpful for group members to open their Bible study guides to the next lesson. You can read the lesson title and the memory verse to help them look forward to the next week's lesson before you end the group meeting.

GROUP LEADER WEEK-BY-WEEK GUIDE

Thank you for choosing the *Matthew: Pray Like This* Bible study! As part of the Inscribed Bible Study Collection published by HarperCollins Christian Resources, this six-week study offers an in-depth Bible study experience you can complete anytime, anywhere. All participants need is their Bible study, access to scripture, and a pen.

This leader guide can be used by individuals or during weekly group gatherings, whether your group is meeting in person or online.



INTRODUCTION/WEEK ONE: PREPARING FOR PRAYER

Please begin with reading safe group guidelines on page xi in the introduction.

ICEBREAKER: What is the first prayer you remember learning or praying?

1. Share something that you underlined, circled, or starred in this week's study.
2. What is confusing, mysterious, or frustrating about prayer for you?
3. What verse(s) grabbed your attention this week?
4. Review pages 34-35. How can meditation help you avoid rote, disengaged prayer?
5. Do you have a prayer space? Look at pages 42-43. What space appeals to you?
6. Was there an a-ha moment as you completed this week's study?
7. What takeaway do you want to hold onto after this week's lesson?

**HERE'S BARB'S
SPOTIFY PLAYLIST
FOR THE PRAY LIKE
THIS BIBLE STUDY.**



WRAP-UP: SHARE PRAYER REQUESTS OR CHOOSE PRAYER PARTNERS

See group time guidelines on previous page for more information on these options.

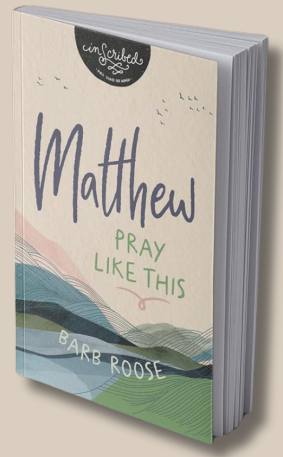
WEEK TWO: LORD, TEACH US TO PRAY

Please begin with reading safe group guidelines on page xi in the introduction and review Memory Verse.

ICEBREAKER: Share about a time when someone prayed for you and it made a difference.

1. Share something that you underlined, circled, or starred in this week's study.
2. Is it easy or difficult for you to see God as "Abba Father"?
3. Review Psalm 103 on page 56. How did you fill in the "God Is" section on page 265?
4. Look at pages 60-61. Which value statements were meaningful to you?
5. What challenged you in this week's study? Where did you sense God speaking to you?
6. Back to the "God Is" Centering Exercise. Look at page 68. What names of God did you fill in for the "God Can" section on page 265? Why were those names meaningful to you?
7. Look at page 85. What three reminders from Matthew 6:30-34 did you fill in for the "God Will" section of the "God Is" Centering Exercise on page 265?
8. Did you try any of the tools in this week's study? Tell us about your experience.

WRAP-UP: SHARE PRAYER REQUESTS OR CHOOSE PRAYER PARTNERS



WEEK THREE: PRAYING FOR GOD'S KINGDOM & GOD'S WILL

Please begin with reading safe group guidelines on page xi in the introduction and review Memory Verse.

ICEBREAKER: What are difficult or challenging things for you to pray about?

1. Share something that you underlined, circled, or starred in this week's study.
2. Is persistence in prayer easy or hard for you? If it's tough, do you struggle with fear, impatience or something else? What did you learn about persisting in prayer that was helpful for you?
3. Did you sense God prompting you to pray any specific kingdom-come prayers? For what?
4. How is the Daily Pray Like This going? How has this exercise been helpful or challenging?
5. What did you learn about God's will that now informs how you pray?
6. What did you learn about praying God's will for your life?
7. Did you try any of the tools in this week's study? Tell us about your experience.

WRAP-UP: SHARE PRAYER REQUESTS OR CHOOSE PRAYER PARTNERS

WEEK FOUR: PRAYING FOR OUR NEEDS

Please begin with reading safe group guidelines on page xi in the introduction and review Memory Verse.

ICEBREAKER: Share a story about praying for a specific need and God answered in a surprising way.

1. Share something that you underlined, circled, or starred in this week's study.
2. Can you relate to Barb's story about "panic praying" on page 139? Why can it be harder to trust God when we're feeling scared or desperate?
3. Do you have a story of "daily bread" or "loaves and fishes" when God miraculously provided when you couldn't? *Remind them to share the short version of the story to best steward group time.*
4. In the final "God Is" Exercise on page 151, what did you fill in for the "God Has" on page 265?
5. What encouraged you in this week's study? What challenged you?
6. Share a meaningful Daily Pray Like This exercise from this week's study.
7. Did you try any of the tools in this week's study? Tell us about your experience.
8. Was there an a-ha moment as you completed this week's study?

WRAP-UP: SHARE PRAYER REQUESTS OR CHOOSE PRAYER PARTNERS



WEEK FIVE: FORGIVEN & FORGIVENESS

Please begin with reading safe group guidelines on page xi in the introduction and review Memory Verse.

SUGGESTION: Propose a celebration as part of your final week of the study, whether it's enjoying a special meal together, sharing a favorite memory of your group time, or even a special time of praying for or over each other. Make the final meeting special by planning to mark the moment together!

ICEBREAKER: How has focusing on prayer the past four weeks impacted your prayer life?

1. Share something that you underlined, circled, or starred in this week's study.
2. Forgiveness can be a tough topic! What verse(s) grabbed your attention this week?
3. Why is forgiveness essential to experiencing a powerful, effective prayer connection with God?
4. When is it hard for you to pray? Look at page 206. Where there any helpful resources for you?
5. Share one of your Daily Pray Like This prayers from this week. What was meaningful for you?
6. What did you learn about this week that was helpful, challenging, or an a-ha moment?
7. Did you try any of the tools in this week's study? Tell us about your experience.
8. What takeaway do you want to hold onto after this week's lesson?

WRAP-UP: SHARE PRAYER REQUESTS OR CHOOSE PRAYER PARTNERS

WEEK SIX: PRAYING FOR GOD'S PROTECTION

Please begin with reading safe group guidelines on page xi in the introduction and review Memory Verse.

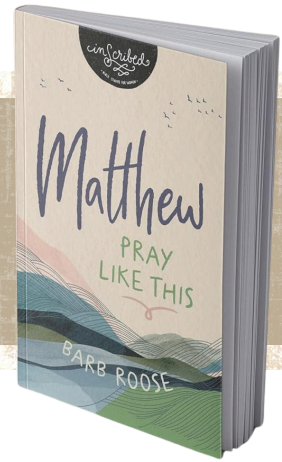
ICEBREAKER: What have you enjoyed or how were you impacted by this Bible study? What did you learn from others? Where have you sensed God working in you?

1. Share something that you underlined, circled, or starred in this week's study.
2. What are some temptations Christians face, but are afraid or ashamed to talk about? Why do we need to be honest about our temptations to God and others?
3. Review Satan's four-step strategy toward temptation. Which one(s) do you need to watch out for?
4. What verses grabbed your attention this week?
5. As you reflect on this six-week study experience, how has your experience with prayer changed? What are you grateful for? What questions/challenges remain?
6. How have you grown in your understanding of how Jesus taught about prayer?
7. Have you sensed a difference in your connection with God or a sense of God's Spirit working in you or around you?
8. What takeaways would you like to hold onto from this Bible study experience?

READ FINAL PRAYER TOGETHER ON PAGES 262-263.

Would you like to bless Barb? Ask group members to leave a review on Amazon or Goodreads about their experience with the Matthew: Pray Like This Bible study. Thank you!

INVITE EMAIL/ TEXT TEMPLATES



[Click here](#) to download invitation graphics to share on social media or send via text.

Email Template #1

(You can use these templates for email communication, announcements, or as a video script. You can edit or adjust this email to meet your specific needs.)

Suggested Email Subject: Strengthen Your Prayer Life—Join Us for This Transformative Bible Study!

Dear [First Name],

Have you ever wondered if you're praying the right way? Or why God sometimes seems silent? If so, you're not alone. That's why we're inviting you to join us for Matthew: Pray Like This, a six-week Bible study by speaker and author Barb Roose, starting [insert date].

In this study, we'll explore Jesus' own prayer patterns in the Gospel of Matthew. Along the way, you'll:

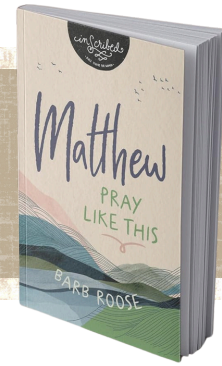
- ✓ Learn how to pray with confidence and clarity
- ✓ Discover God's character and His purpose for your life
- ✓ Gain practical prayer tools to deepen your connection with Him

By the end of our time together, your biggest questions about prayer will be answered, and you'll experience the power of an effective, faith-filled prayer life.

Sign up today by [insert instructions]. The study is available online at Amazon, ChurchSource, Barnes& Noble, Target, Cokesbury, Christianbook.com, and other retailers.

We'd love for you to join us!
[Your Name/Church Name]

INVITE EMAIL/ TEXT TEMPLATES



Email Template #2

Dear [First Name],

Have you ever struggled with prayer—wondering if you’re saying the right words or why God doesn’t always answer? You’re not alone!

That’s why we’re inviting you to join us for Matthew: Pray Like This, a six-week Bible study by speaker and author Barb Roose, starting [insert date].

Together, we’ll explore Jesus’ prayer patterns in the Gospel of Matthew, helping you grow in confidence, deepen your connection with God, and experience the power of effective prayer. Each week includes hands-on prayer tools, exercises, and encouragement to strengthen your faith.

Don’t miss this opportunity to grow in your prayer life!

Sign up today by [insert instructions].

You can purchase the *Matthew: Pray Like This* study at Amazon, ChurchSource, Cokesbury, Target, Christianbook.com, and other retailers.

We’d love to walk this journey with you!

[Your Name/Church Name]

Text Invites

Invitation #1 (General In-Person Group Invite)

Hi [First Name]! Ever wondered if you’re praying the right way or why God sometimes seems silent? Join us for Matthew: Pray Like This, a 6-week Bible study by Barb Roose, starting [insert date]! Together, we’ll explore Jesus’ prayer life and grow in confidence as we pray. Sign up here: [insert sign-up details]. Learn more: <https://bit.ly/3ZBP27C>

Invitation #2 (Zoom Group Invite)

Hi [First Name]! Want to grow in your prayer life but need a flexible option? Join our Matthew: Pray Like This Bible study on Zoom! It’s a 6-week journey into Jesus’ prayer life, helping you pray with confidence. We start [insert date]—sign up here: [insert sign-up details]. Check it out: <https://bit.ly/3ZBP27C>

Invitation #3 (Final Reminder – One Week to Go!)

Hi [First Name]! Just ONE week until our Matthew: Pray Like This Bible study begins! Are you signed up? Don’t miss this chance to strengthen your prayer life and connect with other women. Grab your spot today! [insert sign-up details] More info: Check it out: <https://bit.ly/3ZBP27C>

God, I'm Praying About:

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Date / /

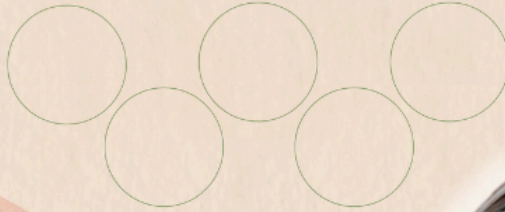
Matthew PRAYLIKETHIS
A SIX-WEEK BIBLE STUDY BY BARB ROOSE

NOT SURE
WHAT TO
PRAY?
SCAN HERE



Come to Jesus Prayer Card

Write one name in each circle of someone who needs salvation. There is a prayer on the back of the card and some suggestions to encourage them toward salvation.



Matthew PRAYLIKETHIS
A SIX-WEEK BIBLE STUDY BY BARB ROOSE

let prayer do it's work.

#PRAYLIKETHIS

Praise God for who He is and what He has done for you.
Repent from sin and turn toward God.
Ask God for your needs and desires.
Yield in obedience or taking step of faith.

Answered Prayer/Praise Report

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Date / /

answered prayer?
roose.com.

NOTHING IS IMPOSSIBLE FOR GOD!

#PRAYLIKETHIS

When you focus on God, all things will be possible for you.

#PRAYLIKETHIS

FREE
Download

Prayer Board Kit

Five-Finger Prayer

Each finger represents a kingdom-come prayer for you to offer to God. You can pray through each finger or choose one finger each day.

- **Thumb (closest to you):** Pray for a family member's salvation or their growth in Christ.
- **Pointer (people who teach us/heal us):** Pray for your pastor, your teachers, and your healthcare provider.
- **Middle (people in leadership roles):** Pray for a leader in our country, your local officials, or the owner of your business/ company.
- **Ring (hurting/marginalized):** Pray for those who are sick, grieving, hurting, or suffering injustice.
- **Pinky (yourself):** Pray for your continued growth in Christ and for your purpose, hopes, and dreams.

Matthew PRAYLIKETHIS
A SIX-WEEK BIBLE STUDY BY BARB ROOSE



Scan Here
to Download

Reminders from God:

You are LOVED.
You are a CHILD OF GOD.
You are made in HIS IMAGE.
You are NEVER alone.
You were created for a PURPOSE.

#PRAYLIKETHIS

Praise God for who He is and what He has done for you.
Repent from sin and turn toward God.
Ask God for your needs and desires.
Yield in obedience or taking step of faith.

MEET THE AUTHOR



Barb Roose is a popular speaker and author who is passionate about teaching women to live beautifully strong and courageous so that they experience God's great adventure of faith and purpose for their lives. She speaks in the US and abroad at women's conferences and events, including national platforms like the Aspire Women's Events, She Speaks Conference and the UMC Leadership Institute.

Barb is a Bible teacher who loves following God more than anything else in life. Rather than teaching audiences to follow God to get what they want, Barb inspires audiences to discover God is all that they need!

She is the author seven Bible studies including Matthew: Pray Like This, Surrendered: Letting Go and Living Like Jesus and Joshua: Winning the Worry Battle. Barb has written five books including Stronger Than Stress: 10 Spiritual Practices to Win the Battle of Overwhelm. Audiences love Barb's authenticity, humor, spiritual depth and practical tools that apply God's Truth to everyday life.

Barb writes a weekly Happy Monday devotional and is the host of the Bold, Brave & Beautiful podcast. She lives in NW Ohio and is proud mother of three adult children. Whenever possible, Barb prefers to eat dessert first. Visit Barb's online home at barbroose.com or on find her @barbroose on Instagram.



FACEBOOK.COM/BARBARAROOSE
INSTAGRAM: @BARBROOSE

NEW
Available Now!

Teaching You to Live Beautifully Strong & Courageous in Christ Because God Has a Great Adventure of Faith and Purpose for Your Life!