

How do I pray through “The Lord’s Prayer”?

Below is the model prayer offered by Jesus as recorded in Matthew. I’ve broken the prayer into prayer “prompts,” which you can use to guide your prayer.

⁹“*This, then, is how you should pray: “Our Father in heaven, hallowed be your name, ¹⁰your kingdom come, your will be done, on earth as it is in heaven. ¹¹Give us today our daily bread. ¹²And forgive us our debts, as we also have forgiven our debtors. ¹³And lead us not into temptation, but deliver us from the evil one.’* Matthew 6:9-13 (NIV)

⁹ ***“This, then, is how you should pray:***

God wants us to pray. He has ordained our prayers. He has invited us to pray and taught his disciples to pray.

“Our Father in heaven,

Prayer is to be done together. We pray “our” Father. Prayer is also personal. We are talking to our “Father.” Begin by celebrating that God invites us into relationship with him as his children and is eager to hear our prayers.

hallowed be your name,

“hallowed” means praise. What praise can we give God? Give God praise for all that he has done for, in, and through you. Ask that God’s name would be praised through your life and other’s lives.

¹⁰ ***your kingdom come,***

Where would you like more of the Father’s influence in your life? Ask God to rule and reign in your life.

your will be done, on earth as it is in heaven.

Can you imagine heaven? What do we believe is God’s “will” for our lives on earth? How might we ask God to help us to accomplish his will on earth?

¹¹ ***Give us today our daily bread.***

What “daily” needs can we ask God to provide? Ask him to provide your most basic needs, as well as your most urgent desires.

¹² ***And forgive us our debts, as we also have forgiven our debtors.***

God offers us forgiveness through faith in Jesus. Take time to confess your sin/s to God, and to celebrate your forgiveness. Unforgiveness is a barrier to receiving God’s grace. Who might you need to ask God to help you forgive?

¹³ ***And lead us not into temptation, but deliver us from the evil one.’***

Help us see and avoid the Devil’s schemes. Talk with God about situations in which you are facing temptations. Ask him to help you see and take the way of escape. Name specific temptations, lies and/or difficulties with which you need help?