

Praying every day

SIMPLE TOOLS TO HELP YOU KEEP GOING AND GROWING IN PRAYER

How to pray the Lord's prayer

THE LORD'S PRAYER

It's the most famous prayer in history. Throughout time, and all over the world, billions of Christians have repeated its well-known words. Maybe you are one of them. Crafted by Jesus himself, the Lord's Prayer serves as a model for all our prayers, teaching us how to pray and what to pray for.

In this exercise, which can be used either as part of your own personal prayer time or within a group setting – perhaps as a template for your congregation's regular prayer meeting – use the Lord's Prayer as a launch pad for a longer time of prayer by praying through each line.

Whether you are praying these words alone or out loud alongside others, feel free to take it at your own pace. Don't rush them. Instead, pray slowly yet boldly, listening to the Holy Spirit's prompting as you go.

Our Father in heaven	As you begin, think about how God is both in heaven and all around you. After a few moments, praise God for who he is: the Almighty King of kings, and an ever-present Father who knows you fully, loves you deeply, sees you clearly, and hears you when you pray. <i>If you are in a group, look around and remember that God is not just your Father, but "Our Father." You are siblings to each other.</i>
Hallowed be your name	To hallow means to recognise that something is out of the ordinary. God is extraordinary. He is perfectly holy. He is above and beyond anyone else. He is better than anything our minds could ever imagine. This is why he is worthy of all our worship. So, spend a few minutes singing along to a worship song, or by telling God some things you especially admire about who he is. <i>If you are in a group, encourage people to make their one sentence expressions of worship and gratitude out loud, one at a time: e.g., "Father, we praise your holy name because there is no one like you." "Father, we marvel at your perfect, passionate, eternal, and awesome love for us."</i>
Your kingdom come, your will be done, on earth as it is in heaven	Consider all the ways the world you live in is broken. Then, take a few minutes to simply, clearly, and specifically pray for the people, places, and situations you long to see God bring the help, healing and hope of his gospel into. <i>If you are in a group, invite people one at a time to pray a short prayer for a particular place or situation.</i> <i>Begin your prayer with the words "Your kingdom come in _____" and complete the sentence. For example, "Your kingdom come in our community."</i> <i>After each prayer invite the group to respond out loud together by saying, "Your will be done."</i>

<p>Give us today our daily bread</p>	<p>Remembering that God is your loving heavenly Father, pray for him to provide for specific needs in your life – e.g., food, work, shelter, energy, strong relationships, healing, wisdom and understanding. Think of all the places you need God in your life, and invite him to be present there.</p> <p><i>If you are in a group, invite people to ask God for their needs out loud, one at a time: e.g., “Father, give us today our _____.”</i></p>
<p>And forgive us our debts, as we also have forgiven our debtors</p>	<p>Are there any sinful thoughts, words, or deeds in your life? Say sorry to God for these sins. Ask for his forgiveness. Are there people whom you need to forgive? Recall their names, picture their faces. Ask the Holy Spirit to help you to continue to forgive them.</p> <p><i>If you are in a group, sit in a few moments of silent reflection together. Conclude this section with an assurance of God’s forgiveness from a passage such as 1 John 1:8-9.</i></p>
<p>And lead us not into temptation, but deliver us from the evil one</p>	<p>Ask for God’s help and strength to resist temptations we all face, such as: consumerism, materialism, and greed; escapism; pride; self-centredness; envy; lust; prejudice; lies; apathy; shaming; hatred; and violence.</p> <p><i>If you are in a group, encourage people to repeat this short prayer together: “Father, help us to resist temptation, and instead love you with all our heart, soul, mind, and strength.”</i></p>
<p>For yours is the kingdom, the power and the glory, forever and ever. Amen.</p>	<p>Be still and thank God for the reality of these closing words. Take a moment to worship him for who he is and all that he is able to do. Pray that everything you do in your life would be for God’s glory. And finish by thanking God for his presence with you during this time.</p> <p><i>If you are in a group, invite everyone to pray these words out loud at the same time.</i></p>