

## PRAYING THE LORD'S PRAYER

### 1. Our Father, who art in Heaven.

Acknowledge God's fatherly posture toward us; acknowledge his power and sovereignty.

#### Examples:

"You welcome us into relationship with you."

"You are in control of all things. The universe is yours."

"You are good and patient and kind. Your faithfulness and covenant love never run out."

#### Questions:

How does God's self-disclosure as a Father prompt me to pray?

How does God's power and sovereignty give me confidence in prayer?

### 2. Hallowed be thy name.

Acknowledge God's holiness; ask that his name might be holy in our hearts and in our conduct, in our words and works.

#### Examples:

"You are infinitely holy. No evil can remain in your presence."

"I am not holy. I malign your name."

"May your name be exalted in my life."

#### Questions:

What areas of my life do not show signs of God's holiness?

Where am I lacking in my understanding of God's holiness?

### 3. Thy kingdom come, thy will be done, on earth as it is in heaven.

Pray for the reality of God's rule to come to the world.

#### Examples:

"My life is marked by the kingdoms of this world. May it be marked by your Kingdom."

"I give my will to you. Bend it to yours."

"Conform me into the image of Christ."

#### Questions:

How am I resisting the kingdom of God?

Where does my life need to conform to God's way of doing things?

Where does my community need the in-breaking of God's kingdom?

### 4. Give us this day our daily bread.

Pray for the needs of the day (both physical and spiritual).

#### Examples:

"Provide me with opportunities to know you more."

"Bless those I love. Bless the work of the day."

"Give me insight into your word. Nurture my soul."

#### Questions:

What things do I need today?

In what areas do I need to acknowledge my dependence upon God?

## **5. Forgive us our trespasses as we forgive those who trespass against us.**

Confess your sin and acknowledge Jesus's sacrifice. Pray for those who have wronged you.

### Examples:

"Though I have sinned, I know I am righteous in Christ. I have no other hope."

"Bless \_\_\_\_\_ today. Show them your favor."

"I confess \_\_\_\_\_ to you. I know I have sinned against you. Help me, through your Spirit, to put to death the works of the flesh."

"Remove from my heart bitterness and vengeance. Give me the grace to show love to those who have hurt me."

### Questions:

Who do I need to forgive?

How have I failed to love God and love others recently?

What sins in my life are persistent?

## **6. Lead us not into temptation but deliver us from evil.**

Pray against the world, the flesh, and the devil.

### Examples:

"Lord, I am prone to wander. Turn my heart to you today."

"Give me the strength to resist temptation from within and without."

"Sometimes I desire to do things you hate. Correct me from such foolishness. Help me to hate what you hate."

"Give me grace to make no provision for the flesh. Help me to walk by your Spirit."

### Questions:

When and where am I prone to sin against God?

How have I been particularly tempted lately?

Where is evil at work in my life? In my community?

## **7. For thine is the kingdom and the power and the glory forever. Amen.**

Acknowledge that God is free to do whatever he pleases in the universe.

### Examples:

"All power is yours. I give myself to you today."

"May these prayers be pleasing to you."

"In your wisdom, grant these requests as you desire."

"I trust your goodness and your wisdom. Come quickly, Lord."

### Questions:

Have I tried to manipulate God in my prayers?

Have I prayed in a manner contrary to Jesus's teaching?

How am I depending on God in my prayers?