



Living The Lord's Prayer

The Virtual Prayer experience consists of seven prayer stages based on 7 phrases from The Lord's Prayer. We want you to be able to move through each station at your own pace, so we have made this Virtual Prayer Experience available as a pause and play video available at [LHBC.me/PrayerExperience](https://lhbc.me/PrayerExperience)

This experience is intended for anyone to participate. You can participate as an individual, as a couple, or as a whole family. Parents, we encourage you to guide your children through each prayer step as we go.

Items you will need

Take a few moments to gather some items that you will need as we journey together through each prayer stage.

- Paper (several sheets)
- Pen or Pencil
- Index Cards if available, if not, paper will do
- A small black object (marble, rock, jelly bean, building brick, etc.)
- A white or clear object (same as above)
- Modeling clay, building bricks, or materials to draw a picture



Prayer Stages

Our Father in Heaven

God calls us His children.

We are His family.

- Draw a picture of a house and write the names of your family members on the house.
- Write 5 things that you love about your family time together or requests you have for your family
- Pray thanking God for your family. Thank Him for call us His children. Pray that your family will reflect Christ in all you do.
- Take the house and place it where you will remember to continue to pray for each other.

Your Name be honored as Holy

God is worthy of praise!

Say that again...

God is worthy of praise!

- Read through the names of God listed below and offer prayers of thanksgiving for who God is. Which ones stand out to you personally?



Names of God

Abba – “Father”

El Emunah – “The Faithful God”

El Rai – “God sees me”

Jehovah Rophe – “The LORD (our) Healer”

Jehovah Jireh – “The LORD provides”

Adonai – “The Lord”

Elohei Tehillati – “God of my praise”

Jehovah El Emeth – “God of Truth”

Jehovah Shalom – “The LORD (our) Peace”

Elohim Chaseddi – “God of Mercy”

Jehovah– “Lord, master and relational God”

Elohei Ma’uzzi – “God of my strength”

Elohei Mikkarov – “God who is near”

Immanuel– “God with us”

Elohim Ozer Li – “God My Helper”

- Write your name on an index card and some of God’s names around your name, especially the ones that are personal to you. God has surrounded you with His love!



- Place your card somewhere you can be reminded that God is worthy of praise!

Your kingdom come. Your will be done on earth as it is in Heaven.

God's will is that "none should perish". Missions starts at home. It's as simple as telling God's story to someone who needs to hear.

- Write the name/names of people that you can share His story with.
- Pray asking God to give you the courage and opportunity to speak to the people on your list.
- Keep your list of names to help you remember.

Give us today our daily bread.

God promises to take care of our needs. There are so many needs that can burden us down; health, finances, relationships. The list can go on.

- Write on an index card "GOD" at the very top. List needs that you want to give to God – things that you need to place in His care.
- Pray, trusting. Remember when you pray, that we want first of all God's will. He knows so much more than us. We have to trust God to do what He knows is best.
- Keep your list and continue to pray over it, trusting God to answer.

And forgive us our debts as we forgive our debtors.

There are things in your life that are not good. Things you have done that are against God's rules and hurt His heart. There are



people who have offended you, hurt you, you hold a grudge against.

- Draw a cross on paper
- Choose a black object. As you hold that object, think about the things in your life that you know are against God and ask God to forgive you for those things.
- Ask Him to help you to forgive others that have hurt you.
- Place the black object on the cross to show that Jesus died to forgive that sin.
- Take a clear or white object to remember, if you ask for forgiveness, God washes you clean!

And do not bring us into temptation.

In the Bible, people often built idols to worship in place of God. Most people do not build idols today, but we still have them in our lives (temptations). They are anything that we spend more time with or think more about than we do God.

- Think about things in your life that you give more time to than you do to God. Has it become an idol (temptation)?
- Use some modeling clay, building bricks, or paper to create or draw something that represents that idol.
- Pray that God would help you to let go of that thing or help you to put it in its proper place so that God can be first.
- Destroy the thing you built or drew to show that you desire to put God first!
- Keep the building material you used as a reminder.



But deliver us from the evil one.

We are at war but God has given us what we need to face the enemy. We were never meant to face the evil one by ourselves – We are not alone!

- Take up the full armor of God and pray for:
 - **Belt of truth** – *Live honestly with Christ as our Truth.*
 - **Breastplate of Righteousness** – *Live in a way that honors God.*
 - **Shoes of Readiness** – *Stand firm on God's Word – Be ready to share.*
 - **Helmet of Salvation** – *God saves, No doubts.*
 - **Sword of the Spirit** – *We are ready, for the battle belongs to the LORD!*

"Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God."
Philippians 4:6

"Devote yourselves to prayer; stay alert in it with thanksgiving."
Colossians 4:2

"Pray constantly." 1 Thessalonians 5:17

Virtual Prayer Experience Guide



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Thank you for joining us for this special and unique worship experience through prayer. Our hope is that through prayer, you worship and connect with God in a personal and extraordinary way. We encourage you to continue this prayer experience beyond just today as you proceed on your spiritual journey of becoming more Christ-like and bringing glory to God, as disciples who make disciples.