

practicing the way

# prayer

Let's begin our prayers like this:

1. Put away your phones or any other distractions, and get into a comfortable, but alert position.

2. Invite the Holy Spirit to come...

3. Pray through the Lord's prayer, like this...

"Our Father..."

Take a moment and think about the idea of God as your Father, with good intentions toward you.

"In heaven..."

Take a moment to think about the idea that God is all around you.

"Hallowed by your name..."

Spend a few minutes just sitting with the Father in joyful, grateful, worship. You might want to sit in silence for a few moments. Or sing a chorus. Or rattle off a list of things you're grateful for. Or praise God with specific things you love about him.

"Your kingdom come, your will be done, on earth as it is in heaven..."

Spend a few minutes asking for God's will to be done in your city/church/community/life.

A simple prayer of, "Your will be done in \_\_\_\_\_," is a great place to start.

"Give us each day our daily bread..."

Spend a few minutes praying for specific needs and wants in your life or that of your community.

"Forgive us our debts, as we also have forgiven our debtors..."

Spend a few minutes in quiet asking God for forgiveness for specific areas in your life, and releasing others to forgiveness.

"And lead us not into temptation, but deliver us from evil."

Spend a few minutes praying against temptation (the word can also be translated trouble) in your life.