

The background of the image features three pairs of hands in a prayer position. The hands in the center are a warm, golden-brown color and are the most prominent. The hands on the left and right are a deep blue color and are slightly faded. The overall lighting is dramatic, with a warm glow on the left and a cooler blue glow on the right.

# LORD, TEACH US TO PRAY

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POSTURE, PRIORITIES, PROVISION

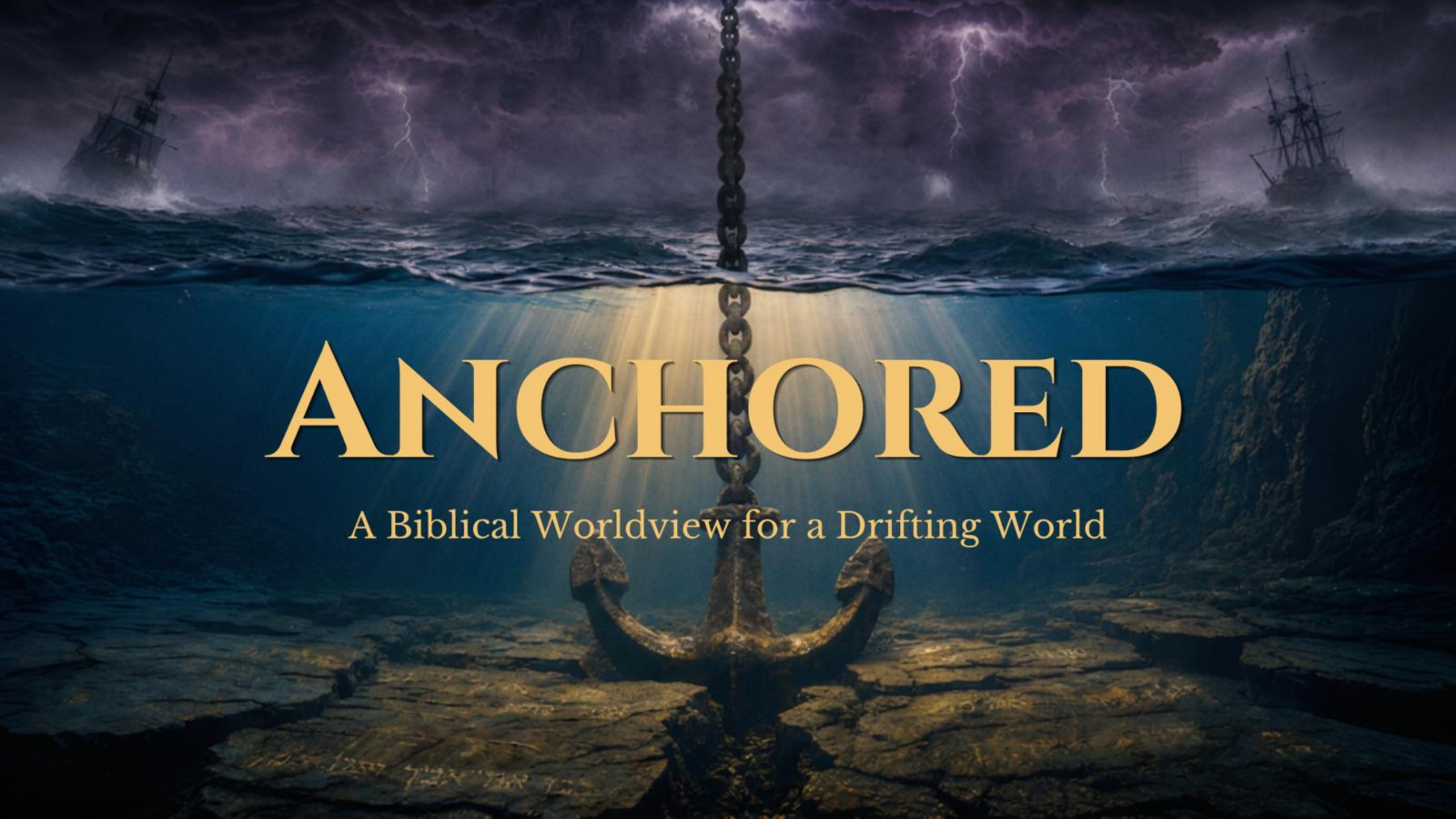
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*“Prayer is beyond any question the highest activity of the human soul.”*

*On the other hand,*

*“Everything we do in the Christian life is easier than prayer.”*

**— Dr. Martyn Lloyd-Jones**



# ANCHORED

A Biblical Worldview for a Drifting World

## BIG IDEA:

True prayer isn't a performance, it's an intimate conversation with a Father who's already listening.

# 1. Reject Religious Performance

*“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.”*

Matthew 6:5

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## 2. Retreat to the Secret Place

*“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”*

Matthew 6:6

“very early in the morning, while it was still dark, Jesus got up, left the house, and went off to a solitary place, where he prayed.”

Mark 1:35

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### **3. Relinquish Empty Phrases**

*“And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.”*

Matthew 6:7

*“The goal of prayer is to live all of my life... in the joyful awareness of the presence of God.”*

**— John Ortberg**

*“Prayer is not a formula. Prayer is not an incantation. Prayer is not a recipe. Prayer is a relationship.”*

**— Kevin DeYoung**

## 4. Run to Your Father Who Already Knows

*“Do not be like them, for your Father knows what you need before you ask him.”*

Matthew 6:8

*“Oddly enough, many people struggle to learn how to pray because they are focusing on praying, not on God.”*

— Paul Miller

# This Week

**1. Reject performance:** Before you pray out loud this week, pause and ask, “Who am I really talking to?”

**2. Retreat to the secret place:** Pick an actual spot and time today — put it on your calendar.

**3. Relinquish empty phrases:** Pray one prayer this week completely in your own words.

**4. Run to your Father:** When you don’t know what to pray, start with, “Father, You already know what I need.”