

The Lord's Prayer

Matt 6:9-13: A Model for Prayer



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Instructions:

The goal of this exercise is to increasingly model our prayer lives off of the model Jesus teaches in Matthew 6. For best results, make a plan to do the exercise each day over a set period of time. Then, each time, carve out 15 minutes (preferably in the morning or before bed) to walk through the practice below. To start your time, limit your distractions (i.e. put your phone away or on "do not disturb"), get in a comfortable position, and take a few deep breaths to prepare your heart, mind, and body.

Practice:

- **(1 mins) Our Father in Heaven:** Meditate on God as good, loving, perfect parent for a moment. Then begin asking Him to help you understand the wonder of being His child. Ask Him to help you come to Him confidently as a dearly cherished child.
- **(2 mins) Hallowed be Your name:** Bring your attention to God's beauty, majesty, and splendor both in His Word and in His Creation (nature and people). Praise God for the areas you've recognized His beauty.
- **(2 mins) Your Kingdom come Your will be done on earth as it is in Heaven:** Ask God to help conform your will to His. How might you participate in His Kingdom coming either through your prayers for others or through your words or actions?
- **(3 mins) Give us this day our Daily bread:** Approaching God as a loving parent, present your needs to Him. What do you need? What physical or financial or spiritual or attitudinal graces do you need?
- **(3 mins) Forgive us our debts as we also have forgiven our debtors:** Spend a moment reflecting over your day or week part by part. Where do you need God's and/or other's forgiveness? Invite God into the places you are harboring bitterness, resentment, or unforgiveness. Share your authentic pain with Him confessing your choice to forgive.
- **(3 mins) Lead us not into temptation but deliver us from the evil one:** Think about where you have been tempted lately. How have you been tempted to trust in yourself or something or someone else to provide for you? Present these areas of weakness to God affirming your desire to not give into temptation. Confess your trust in His wisdom, His goodness, and His process.
- **(1 mins)** Conclude your time by express gratitude to God.

Response:

In what concrete way(s) do you need to respond to your prayer? What came to mind? Perhaps it is sharing a word of encouragement with someone or by reaching out to someone you need to apologize to and seek forgiveness. Whatever it is, do that now.