



## Praying the Word Series Week 3 - Teach Us To Pray

April 7, 2024 - Pastor Rafael Aristy

Today we are going back into our Praying the Word sermon series now that Easter has passed.

**Week 1: Intro to Prayer:** Check in Prayer, Devotional Prayer, Extended Prayer

**Week 2: Passion Prayers of Christ** (personal prayer and for the lost): The Cup (in the Garden), Father forgive them, It Is Finished

Luke 11:1NKJV "Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, 'Lord, teach us to pray, as John also taught his disciples.'"

One of Jesus' disciples asked him to teach them how to pray. Who was this disciple? Why would he ask Jesus to teach them to pray? To be honest, I'm not sure this is what I would've asked Jesus to teach me. I would've been like, "Jesus, I don't know what this fool is talking about? You can teach us to pray later. I got a better idea, teach us to do those other things you do like cast out demons and heal the sick!"

As believers, the life of Jesus is our blueprint to follow. It is our guide on how we ought to live. I know there are clear differences to Jesus' life and ours, mainly time and place, but we shouldn't dismiss it as, "that's just how things were then..." **PRAYER IS TIMELESS!**

Jesus' instruction on prayer is one many of us are EXTREMELY familiar with. Most call it **The Lord's Prayer**. Sometimes we become so familiar with something that we disregard its value, or even consider it. We tend to think of it as beneath us...

- What are some examples of things we grow so familiar with that we disregard its value?
- Have you ever done that with the things of God? His word? Share.

**PR story:** I did that with Jesus' instructions on how to pray. I grew up Catholic. You were expected to memorize the Lord's prayer, reciting it over and over again. It felt like people were just speaking words that meant nothing. I felt this way myself. It was so engrained in me that the priest often had me doing 50 "our fathers" (Lord's prayers) after confession as my punishment. When I surrendered my life to Jesus, I wanted nothing to do with reading, let alone praying, the Lord's prayer because it seemed to me like the mindless babbling Jesus warned his disciples about. But after some years I realized the power of the Lord's prayer!

Some people think of this more as the "disciples' prayer" because Jesus says it to help teach them how. If you want to see one of Jesus' prayers, I encourage you to read [John 17](#).

Matthew 6:9-13 NKJV <sup>9</sup>“In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. <sup>10</sup>Your kingdom come. Your will be done On earth as it is in heaven. <sup>11</sup>Give us this day our daily bread <sup>12</sup>and forgive us our debts, as we forgive our debtors. <sup>13</sup>And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.”

This can be broken down into 2 parts: 1<sup>st</sup> part is focused on worship of God; the 2<sup>nd</sup> part is focused on our needs. This framework for prayer was not meant to be something we repeat over and over, babbling on and on...that's not the point. I had prayed this prayer before I ever knew Jesus, **BUT I STILL had no relationship with God.** We can memorize the words, and repeat them over and over again, BUT the words will have no effect on you.

Rather, we can take Jesus' words as a guide of how to talk to God. We can pray the Lord's prayer, but don't let it be mindless babbling. This is a great place to begin practicing **'Praying the Word.'**

- How have you seen the repetition of words in prayer and spiritual practice to be helpful OR detrimental to your growth? What revelation did you need to have to make it become helpful?
- How do you use the practice of recitation or repetition in your spiritual practice with God?

## Let's break down the Prayer:

### 1- Our Father

The first striking component to this prayer is that God is not just MY father...He is OUR father. This is important because this makes us FAMILY! If he is OUR father, that makes us brothers and sisters...you may not want to be siblings with some of the people around you, but...

**"Father"** speaks of intimacy and relationship. He is not only our God, but our Father and we are His children 1 John 3:1 **"See what kind of love the Father has given to us, that we should be called children of God; and so we are."** You may not have had a good experience with your father or a father figure. BUT THAT'S NOT OUR HEAVENLY FATHER!

- How have you grown to experience God as your Father?

And this connects directly with the next part of the prayer...

### 2- Who is in heaven

Our Father, WHO IS IN HEAVEN! There's a clear distinction that He is NOT like our earthly fathers.

The Bible refers to heaven as a place from which Jesus will come from: **Philippians 3:20 NIV "But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ."** **Isaiah 40:22 NIV "He sits enthroned above the circle of the earth, and its people are like grasshoppers. He stretches out the heavens like a canopy, and spreads them out like a tent to live in." He is high above ALL things! He dwells high above all.** He has the highest vantage point from where he rules and reigns!

- Do you ever stop to think that our God, our Father, has made a way for us to be with Him IN Heaven? And to experience pieces of Heaven while still here on earth? How so?

### 3- Hallowed be your name

This means to declare His name as SACRED. His name is to be honored. His name is holy (separated from all other things because they are UNholy). His name is above/holds more authority than any other name! There's great importance in the name of God. His name carries WHO HE IS...He wants His people to know who He is. **His name reveals His character.** He revealed His name to Moses- what GOD Himself said about his name: **Exodus 34:5-7 NIV** <sup>5</sup> "Then the Lord came down in the cloud and stood there with him and **proclaimed his name**, the Lord (Yahweh). <sup>6</sup> And he passed in front of Moses, proclaiming, "The Lord (Yahweh), the Lord (Yahweh), the **compassionate** and **gracious** God, **slow to anger, abounding in love** and **faithfulness**, <sup>7</sup> **maintaining love** to thousands, and **forgiving** wickedness, rebellion and sin. **Yet he does not leave the guilty unpunished**; He punishes the children and their children for the sin of the parents to the third and fourth generation." This is who He is...how He wants His people to know Him.

- Who do you most know God as? Who would you like to know Him better as?

**PR STORY** - Have you ever thought about why people use "Jesus Christ" as a curse word? Why don't people use the name of Mohamed or Buddha? **Because Jesus is the name that matters...** it is the name that changes things...it is the name that sets the captives FREE...it is the name that reminds Satan that he has been defeated...

### 4- Your kingdom come, your will be done, on earth as it is in heaven

Perhaps you've seen a movie where a king is traveling. It doesn't matter if they stay in a temporary dwelling, wherever the king was you knew the king was there. In ancient times it was not uncommon for kings to send a messenger ahead to declare, "get ready, the king is coming!" They would prepare the city, and work on the roads to smooth out any rough places, fill up any holes, and level the hills... Remember John the Baptizer? **He came to prepare the way because the King was coming.**

**Your Kingdom come** is a reminder that there are no other thrones...it reminds me that there's only ONE true king...that I am not the ruler of my life. There needs to be less of me and a lot more of Your authority, Your wisdom, Your love, Your plans so I need to invite Your kingdom to come into EVERY situation, God.

**Your will be done.** In Holy Week, on Good Friday, we talked about Jesus in the Garden of Gethsemane. In Gethsemane, Jesus lived, and demonstrated this part of the Lord's prayer.

**Matthew 26:39 NIV** "Going a little farther, He fell with His face to the ground and prayed, "My Father, if it is possible, may this cup be taken from Me. **Yet not as I will, but as you will.**"

This is a BOLD prayer! "Father, not what I want, but what you want...not my desires, but your desires."  
**"YOUR WILL BE DONE" is the ultimate display/declaration of trust and confidence in our Father.** We must say "I don't understand this, but YOUR WILL BE DONE, because I trust you. This is difficult, but YOUR WILL BE DONE, because I trust you."

- Can you think of times you have prayed like this- fully submitting your will to God, even when hard or scary? What was it like? What happened?

- Is there a situation in your life right now that needs to be surrendered to His will, where you need trust and faith and surrender to God's will?

In Heaven, His will IS done... just ask Satan!

## 5 - Give us today our daily bread

This is the part of the prayer where Jesus shifts his focus from the Father and to us. It's important to note that for the rest of the prayer Jesus uses US and OUR. This tells me it's not just me praying for me, but I am called to MAKE INTERCESSION for the rest of the Family. Times when you need to be praying for your Church family, your fellow brothers and sisters in Christ who need THEIR bread for the day.

We can always ask our Father to provide for our needs. Just because Jesus didn't begin with ASKING doesn't mean we can't start there if the circumstances dictate that this is an appropriate approach. Sometimes it is appropriate to yell, "Father, I NEED YOUR HELP!!!"

**PR thoughts:** I don't make a habit of jumping right into asking the Father, not because I don't think He can handle it, but because:

1. When I begin my conversation with Him by declaring **He is our Father**, who has placed me in a family, I recognize I'm not alone AND there could be others in the family who have seen Him come through in this area of need.
2. When I acknowledge that **He dwells high above all things**, I recognize there's nothing that escapes His vantage point. He sees all things and knows what I need before I ask Him.
3. When I declare that **His name is greater than any other name and begin to call out His attributes**, I become aware that He alone is the ONLY One I need to call upon.
4. When I ask for **His kingdom and will to be manifested on earth**, I position my heart and mind to believe that the realities of heaven can come to pass in my situation.

- How have you seen/experienced God in action in these ways in your life?

- Are there parts of these (1-4 above) that are more difficult for you to believe? How can that be addressed?

- Do you see how the order of The Lord's Prayer has significance? Right down to the end.

**When I pray in this way, my fears and doubts are diminished, and my view of God has increased accordingly.**

Give us TODAY our daily bread - I LOVE that Jesus taught them to ask for THIS DAY! This speaks to the desire of our Father to be involved in our daily affairs, our DAILY need of Him, and His desire to provide for us. **This request is more than just food; it is asking our Father to be our sustenance, our strength, our nourishment.**

- In what areas do you need to invite Him in as your "daily bread"?

## 6 - Forgive us our debts, as we forgive our debtors

When your sin is the only thing you see, this will keep you from accurately seeing the Father, so ask Him to forgive you!

When I pray in this way, my fears and doubts are **diminished**, and my view of God has **increased** accordingly.

- Have you ever been forgiven a debt where you owed someone something and they said you don't have to pay it back?

**PR STORY** - when his work forgave a financial debt, and they didn't have to. The company took a loss, because it was their money that I was supposed to pay back... but they said, "No need to do that. You don't

have to pay us; we will just take the loss." PR said, "I got in my car praising God and in tears, I felt the Spirit say, "I did that just so you could know in the natural HOW your spiritual debt has been forgiven..."

When you think of Yahweh's (God's) forgiveness and His ability to wipe away debt, think of the fact that He takes the loss on your behalf. A debt doesn't just go away- someone must either pay it or take the loss for what is owed. God didn't only pay it, but He also **took the loss** by sending His only son. We violated God's law, and it was His law we are supposed to repay. He said, "No need to do that. You don't have to pay it. I'll take the loss."

Don't allow Satan's lies to keep you away from the ONLY ONE who can truly forgive your debt.

**as we forgive our debtors** means that since our debt has been forgiven, we now ask the Father to help us extend forgiveness to those who owe us...Jesus modeled forgiving His debtors during the most difficult time of His life...

Luke 23:34 NIV "Jesus said, 'Father, forgive them, for they do not know what they are doing.'"

### 7 - Lead us not into temptation, but deliver us from Evil one

The Bible says God never tempts anyone with evil. James 1:13 NIV "When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone." The Father will allow testing (Jesus was tempted in the wilderness YET He did not sin - Matt. 4:1). The Bible also says that the testing of our faith produces perseverance. James 1:3 NIV "...because you know that the testing of your faith produces perseverance."

The greatest trick the Devil ever pulled was convincing the world he didn't exist.

Asking our Father to keep us from temptation is like taking a preventative medicine. If I neglect to take the medicine, I know I will pay the price for it later. We can pray for God to **keep us from falling** into temptation BEFORE we are tested. We don't have to wait until we fall into temptation to pray. The prayer can simply be, "**Don't let me be stupid...don't let me do stupid stuff...don't allow Satan to trip me up.**" We ask God to deliver us from the enemy who seeks to destroy us and ask God to display His power and bring our enemy to his knees.

**Deliver us from the evil one** because Satan wants to kill you. He is so mad at you. "**The greatest trick the Devil ever pulled was convincing the world he didn't exist.**" We ask God to deliver us from the evil one because He is the only One who can.

- In what areas do you need to be proactively praying for God to keep you? Is He speaking to some things that you may need to change in your life to keep you from "falling" into the sin?

### 8 - For Yours is the kingdom and the power and the glory forever. Amen

This is the culmination of the prayer. It is a declaration that EVERYTHING belongs to Him! The kingdom...His, the power...His, the glory...His! We have come full circle back into the WORSHIP of our Father. The prayer is closed with "amen" which means to be established, so be it.

- Take some time to stop and declare Him as the king of all. Remind yourself through worshipful prayer that everything you have and are belongs to Him and is because of Him and His kind grace.
- What can you give Him glory for today in your life? Who needs to know about it?
- What do you need to adjust in your prayer life after studying this lesson from Jesus on how to pray?