

Teach Us to Pray

Using the Lord's Prayer as a Model for Prayer & Meditation

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We all know the story of how Jesus' disciples came to Him and asked Him to teach them how to pray. Jesus responded with a prayer that has become known as "The Lord's Prayer." Many church traditions corporately pray this prayer every Sunday.

While it is never bad to memorize and recite Scripture (in fact, I highly recommend it!), I don't believe Jesus intended for His prayer to become something people prattled off by rote. Instead, He was trying to model for the disciples *how* to approach God—both the posture of their hearts and minds, as well as the content or focus of their prayers. I also do not believe, Jesus intended for this prayer to be exhaustive—a limitation of what they could ask for—because later he told them to ask for great things.*

But before the disciples (and we) could graduate to greater things they (and we) had to learn the basics of prayer first. The Lord's Prayer was Jesus' primer. It is no less today. It's a great starting place when learning to dive into effective praying and a good reminder to come back to from time to time to make sure the prayers we are praying are in line with the heart of the Father.

Take some time today to meditate and pray your way through the Lord's Prayer.

OUR FATHER IN HEAVEN. . .

Read some or all of the following passages and meditate on the Fatherhood of God, then thank Him for this.

- John 1:12-13
- Romans 8:14-17
- Matthew 7:7-11
- Hebrews 12:5-11
- Psalms 103:13-14

Next, read some or all of the following passages; meditate on and acknowledge God's sovereign Lordship as He rules over all from Heaven.

- Psalms 103:19
- Isaiah 66:1-2
- Isaiah 6:1-7
- Psalms 102:18-22
- Daniel 7:9-10

HOLLOWED (HOLY) BE YOUR NAME

Read some or all of the following passages and meditate on God's holiness, then declare this to Him in Your own words.

- Revelation 4:2-11
- Leviticus 19:2 & 1 Peter 1:14-16
- Exodus 15:11
- 1 Samuel 2:2
- Revelation 15:3-4

* See Mark 11:20-25, John 14:12-14, John 15:4-8, 14-16, John 16:23-27

YOUR KINGDOM COME

Read some or all of the following passages; meditate on what God's Kingdom is and consider which of these are being exhibited in your own life and which are lacking. Confess where you have not been obedient to pursue the Kingdom of God and ask the Holy Spirit to renew your zeal for pursuing His Kingdom.

- Luke 17:20-21
- John 18:36-37
- Mark 1:15 & John 3:3
- Matthew 13:24-52
- Matthew 25: 31-46
- 1 Corinthians 6:9-10
- Romans 14:17
- Luke 12:32-34
- Matthew 5:10-12
- 1 Corinthians 4:20
- Matthew 12:25-28
- Matthew 16:19
- Luke 10:1-9, 17-20
- Revelation 11:15
- Daniel 2:44 & Daniel 7:13-14, 27

YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN

Read some or all of the following passages and meditate on God's will as it has already been accomplished and as it is yet to be accomplished. Consider also how you can surrender *your* will to God's and pray a prayer of surrender.

- Philippians 2:5-11
- John 5:19-30
- John 8:34-38
- Matthew 7:21-27
- John 6:37-40
- Ephesians 1:3-23
- Colossians 3:1-4
- 1 John 2:15-17
- Philippians 3:20-21
- Romans 8:18-39
- 1 Peter 1:6-9
- Jude 1:24-25

GIVE US THIS DAY OUR DAILY BREAD

Read some or all of the following passages and meditate on God's provision. Thank Him for that and bring any needs (physical, financial, relational, emotional, or spiritual) you have before Him.

- Matthew 6:25-34
- Proverbs 3
- Psalm 23
- Psalm 34:8-10
- Psalm 37
- Philippians 4:6-7

AND FORGIVE US OUR DEBTS

Read some or all of the following passages (continued on the next page) and meditate on God's mercy and forgiveness. Ask the Holy Spirit to reveal any sin in your life and sit quietly for a moment. As things come to mind, repent and confess them. (Confession to another can be healing to the soul. It breaks the power of shame Satan holds over us when we harbor secret sins. If you feel this applies to you, seek out a pastor to make your confession and receive prayer.)

- Isaiah 1:16-20
- 2 Chronicles 7:12-16
- Proverbs 28:13
- Acts 3:19
- Micah 7:18-19
- Isaiah 53:4-9
- 1 Peter 2:21-25
- Romans 5:6-11
- James 5:13-16
- Isaiah 55:6-7
- 1 John 1:5-2:12
- Lamentations 3:21-25

- Revelation 2:1-3:22
- Psalm 32:1-5
- Psalm 139:23-24

AS WE ALSO HAVE FORGIVEN OUR DEBTORS

Read some or all of the following passages and meditate on God's command and instructions to forgive others. Ask the Holy Spirit if there is anyone you need to forgive, knowing that forgiveness is not a feeling but a choice.[‡]

- Matthew 6:14-15
- Mark 11:25
- Luke 6:27-28
- Hebrews 12:14-15
- Matthew 18:21-35
- Matthew 5:23-24
- Ephesians 4:26-27 & 31-32
- Colossians 3:12-13

AND LEAD US NOT INTO TEMPTATION

Read some or all of the following passages and meditate on what God has to say about temptation. Confess to God the areas in which you struggle with temptation. Ask the Holy Spirit to give you the strength to overcome. Sit quietly and see if He will reveal any strategies you can use in this fight against the devil.[§]

- 1 Corinthians 10:13
- Genesis 4:7
- Luke 22:40 & Mark 14:38
- Matthew 4:1-11
- 1 Peter 2:11
- 2 Peter 2:4-9a
- James 4:7
- James 1:13-16
- Hebrews 4:14-16

BUT DELIVER US FROM EVIL

Read some or all of the following passages and meditate on what God has said about His power to deliver us from evil. Thank God for this great gift and rest in confidence in this!

- Psalm 34:4-7, 17-18
- Psalm 33:6-7
- Psalm 91
- 2 Samuel 22
- 2 Peter 1:2-4
- John 10:7-15
- Colossians 1:11-14
- 2 Thessalonians 3:3
- John 17

Though not found in most modern translations of Scripture, the following phrase has traditionally been added to the end of the Lord's Prayer. Consider meditating and praying this as well.

FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER. AMEN.

[‡] Here is a model to walk through this process: Speak aloud the words, "I forgive _____ for _____ and release them to Your justice God. I will no longer hold this offense against them. I do this in faith and obedience, trusting that You will bring the *feeling* of forgiveness and love to my heart in time." Do this for each individual you need to forgive.

[§] If you need accountability in one or more of these areas, seek a pastor or small group leader about getting this.