

THE LORD'S PRAYER

Practicing the Way of Jesus Together



*Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.
for yours is the kingdom and the power and the glory forever.
Amen.
Matthew 6:9-13 NIV*

For thousands of years, Jesus' followers have organized their lives around daily praying of the Lord's Prayer. Here are a couple of suggestions of how to pray the Lord's Prayer as a regular practice. We believe that these ways of engaging with it can be beneficial both for your times of prayer both individually and with others.

DAILY PRAYER CHALLENGE

Find three times a day (could be as you wake up, as you have lunch, and as you go to bed) and pray the prayer. If you're with another Jesus follower during these times pray it together. Perhaps your life group can choose to do this at the same times of the day. Write below when you are choosing to pray.

1 _____ 2 _____ 3 _____

WEEKLY CHALLENGE

One of the gifts of the Lord's Prayer is that it can be used as a framework for prayer, much like a house being built upon a frame. Begin with a line, pause, pray through it, and then build off of it week after week to grow a habit of meaningful prayer.

Week 1

Our Father in heaven, hallowed be your name

As you pray this, you can praise God, declaring the goodness of his character and love. This is a good time to practice gratitude as well, thanking God for all the blessings he has brought into your life. You can also ask that His name would be hallowed – not you only in the lives of those around you but also in your life as well.

Week 2

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

Ask for things to be done here on earth as it is in heaven, both in the world and your life. Where does justice and righteousness need to be revealed and realized?

Where does the light of the kingdom need to push against the darkness?

Pray for the return of Christ where he will bring the kingdom in its fullness, renewing and returning heaven and earth together.

Week 3

Give us today our daily bread

Ask God for His provision, trusting that he will take care of our needs. What do you need? What do those around you need? Bring those requests to Him.

Week 4

And forgive us our debts (sins, trespasses), as we also have forgiven our debtors (everyone who sins against us, those who trespass against us)

Confess your sin and to ask his forgiveness. Perhaps you are already aware of your sin. If so, tell him about it. You can also ask the Holy Spirit to reveal to you what needs to be confessed. Thank him for his forgiveness of your sins, remembering that it is in His character to forgive sins of all kind (Psalm 103). Take time to bless those who you have forgiven or are struggling to forgive.

Week 5

And lead us not into temptation but deliver us from the evil one.

Ask God for help as you struggle against the enemies of the soul - the world, the flesh, and the devil. Pray for protection against evil, for self-control against sinful desires, and for perseverance. Pray protection for your friends and family.

Week 6

For yours is the kingdom and the power and the glory forever.

Amen.

Conclude your prayer with a declaration of the Lordship of Jesus Christ.

Cover photo by Jeremy Yap on Unsplash



SPAC

FULLNESS OF LIFE FOR EVERYONE,
BY PRACTICING THE WAY OF JESUS TOGETHER