

The Lord's Prayer



Prayer Guide

The material in this booklet was adapted from resources by:

- Church of the Highlands - available through Life Church @ open.life.church
- 24/7 Prayer International - available at www.24-7prayer.com/

THE LORD'S PRAYER

The Lord's Prayer is often recited in churches or at religious events, but there's so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord's Prayer, showing us how to pray the way Jesus instructed.

This booklet is designed to help guide you through an hour of prayer time in the Lord's Prayer. Don't feel confined to sticking with the structure provided in this booklet. Allow the Holy Spirit to lead you and guide you as you set aside this time to intentionally connect with your Heavenly Father.

⁹ “This, then, is how you should pray:

**“Our Father in heaven,
hallowed be your name,**

**¹⁰ your kingdom come,
your will be done,
on earth as it is in heaven.**

¹¹ Give us today our daily bread.

**¹² And forgive us our debts,
as we also have forgiven our debtors.**

**¹³ And lead us not into temptation,
but deliver us from the evil one.**

Matthew 6:9-13 (NIV)

“Our Father in Heaven”

The first word of the Lord's Prayer is easy to skip over. It is merely three letters in length. It is a word we see written all over the place and a word we speak often. But in the context of this prayer the word “Our” is incredibly rich in meaning.

Jesus starts his prayer with a reminder that we are part of a much bigger family of believers. His desire is for us to live in unity with one another, with love being the most defining feature of how we treat each other.

Read Jesus' prayer from John 17:21. Read it slowly and prayerfully. Ask the Spirit to speak to you through this verse.

21 I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me.

John 17:21 (NLT)

- Spend a few moments reflecting on the reality that God has made you part of his family. Thank Him for the incredible, diverse, messy, and beautiful community that makes up his Church.
- Think about your brothers and sisters in Christ who support you and walk alongside you as you follow Jesus. Thank God for these people.
- Think about the people in God's family who you find the most difficult to love. Ask God to help you to see them through His eyes.

Pray

God, thank you for making me a part of Your family. Thank you for my brothers and sisters in Christ - within my local church, within my community and throughout the world. In the midst of our diversity, help us to live in unity as your children.

“Our Father in Heaven”

God isn't interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, “Abba, Father.”

Romans 8:15 (NLT)

- Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.
- How does your identity as God's child affect the way you approach Him now?
- How does your identity as God's child impact the way you live every day?

“What comes into our minds when we think about God is the most important thing about us”

-A W Tozer

Pray

“Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call you my Father. Thank you for loving me. I love you.”

“hallowed be Your Name,”

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

God is Righteousness – He makes us clean

God is Sanctifier – He has called us and set us apart

God is Healer – He heals all our diseases

God is Banner of Victory – He defeated our enemies

God is Shepherd – He speaks to us and leads us

God is Peace – He is our peace in every storm

God is Provider – He supplies all of our needs

Think of any other names you use for God. Reflect on the truth they declare about God’s identity and character.

**The name of the Lord is a strong fortress;
the godly run to him and are safe.**

Proverbs 18:10 (NLT)

- Speak God’s Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

Pray

“God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You.”

PRAY FOR GOD'S WILL TO BE DONE

10 mins

"Your Kingdom come, Your will be done, on earth as it is in heaven."

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray for His will first.

Seek the Kingdom of God above all else, and he will give you everything you need.

Luke 12:31 (NLT)

Spend time focusing on what God is focused on. His priorities include:

- Salvation for those who are lost.
- Justice for the poor, marginalized, and oppressed.
- Peace to reign in our relationships, communities, and world.
- For all people to experience true hope, wholeness, and freedom through Christ.
- Write your name in the centre of a sheet of paper, then surround it with the people, situations and places that you want God to move in. Include anything that has been worrying you. Ask God to teach you to pray His will for His kingdom in each of these situations.
- Ask the Spirit to lead you in praying for His will to be done at Evergreen.
- Choose a local or global issue that lays heavy on your heart. Pray for God's Kingdom to come in this area.

Pray

"God, I recognize there is no better plan on earth than Yours, and I pray for Your will to be done in my life, in our church family, in our community, and in the world. Teach me to see things as you see them, and empower me to be an agent of transformation for your Kingdom.

“Give us today our daily bread.”

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

**I look up to the mountains—does my help come from there? My help comes from the Lord,
who made heaven and earth!**
Psalm 121:1 - 2 (NLT)

- Ask God for what you need today. What are your physical needs? What are your spiritual needs? What are your emotional needs? What are your needs relationally?

It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

Pray

“Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth;

You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.”

And forgive us our debts, as we also have forgiven our debtors.

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9 (NLT)

- Think back through the past 24 hours; the things you've done, people you've met. Ask the Holy Spirit to highlight things you've done wrong, or times where you should have acted and did not.
- Ask God to check your heart and life and show you any other areas where you might need to ask for forgiveness from Him. Write everything that's come up on a piece of paper and as you say sorry, tear the paper into a bin. Thank God for forgiving you.
- Then, it is your turn to forgive those who have offended you. Is there anyone in your life that you need to extend forgiveness to? Pray for this person and extend forgiveness to them in your heart. If you need to have a conversation with somebody, plan a time to contact them.

Pray

"God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Please help me let go of all of my offenses. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will."

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

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us.

As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Ephesians 6:12 (NIV)

Ask God to show you any lies you're believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

- Where in your life have you been believing the lies of the enemy or giving him power? List out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth.

Pray

"God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word. While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world."

“For yours is the Kingdom and the power and the glory forever.”

The benediction at the end of the Lord's Prayer is not included in many translations of the Bible, because it does not appear in the earliest Greek manuscripts of the New Testament. The benediction was likely added as a statement of praise as The Lord's Prayer became used in liturgical worship contexts by the early Christians.

Nonetheless, it is a powerful benediction that reminds us the truth of God's greatness and power.

God is more than able to move in every situation, and ending our prayer time claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

**Ah, Sovereign LORD, you have made the heavens
and the earth by Your great power and outstretched arm.
Nothing is too hard for You.
Jeremiah 32 : 17**

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him by reflecting on each of these statements:

- “Yours is the Kingdom” – all authority belongs to You
- “Yours is the Power” – all mightiness flows from You
- “Yours is the Glory” – Your victory will be complete

Pray

“Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.”