



Matthew 6:9-13 (NIV)

"This is how you should pray,
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.
Forgive us our debts,
As we forgive our debtors
And lead us not into temptation
But deliver us from the evil one."

Last week we started talking about "How to Pray" and we discussed how The Lord's Prayer can be viewed as a pre-written prayer and as a template to create a pattern for praying. Last week we focused in depth on The Lord's Prayer as a pre-written prayer or a prayer that you read and repeated word for word. This week we are going to break down this same prayer but see how we can use it as a template to formulate all our prayers.

Prayer is simply a conversation with God. You don't need a template but for some of us that need more structure, a template can be super helpful. A template can be as strict or as fluid as you want it to be. It's just a jumping off point when you don't know where to begin to pray. The Lord's Prayer starts with:

"Our Father in heaven,"

As a template this is how you start your prayer byaddressing who you are talking to. The same way you would draft a letter or an email. We have to remember that not everyone addresses prayers to The One True God. Many people pray to other "little g" gods, to dead people, to saints, to statues, and even to the devil. It sounds simple but it is important to know who it is you are addressing these prayers. This doesn't have to be formal but however you view and talk to God. Examples are: Lord, dear God, Father, Holy Spirit come, Jesus, Big G. It's all about your heart posture and not formality.

"hallowed be Your name,"

This is where you show God respect. Where you Honor Him for His goodness. Where you see His Reverence and Almighty glory. This is where we check our heartand ask: is God getting the much-needed praise He deserves in your life?

This is also where you can begin to list yourthankfulness and gratitude toward the Lord. You can do this in a gratitude journal or simply speaking your thankfulness.

When we forget to pause and focus on gratitude it's easy to forget that this life is a gift and that things aren't happening to us but for us. God is a good Father working it all out for our good even what the enemy tries to use as evil. When we stop seeing this life as a gift and we stop seeing gratitude all around us, then we begin to see life as a rite of passage that we earned and deserved. But what we deserved is death because of our sins and Jesus paid that price. So, then gratitude at the beginning of our pray becomes the heart and soul of our relationship with God. When we focus on gratitude, we begin to see things differently and we find goodness even when we can't see it and God begins to work in our hearts to reveal Himself in all things.

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

This is where we pray for the world and that God's Will be done on earth as God's Will is in Heaven. We canpray for God to align the 2 worlds like only He can. Also, this is where we can pray that the Lord give us the strength to do His will for our life. Give us the courage to stand up against the dark powers in this world. Wecan admit our weakness and need for the Lord's strength to arm us for the daily battle. This is where we can ask the Holy Spirit to open our hearts and minds to His voice and guide our paths. And we can ask the Lord questions like: What is it that You want me to do today? How do You want my schedule to look? Who do You need me to reach out to today? Then pause and listen.

"'Give us each day our daily bread."

This is where we ask God to do something on our behalf or on someone else's behalf - Petitions and intercessions. We are called to do all that He has called us to do and then trust Him with the rest and leave it in His hands. Jesus is always saying "ask" or "what do you want Me to do for you". He wants us to come to Him with our requests and to trust Him with our burdens. So, we pray for our daily bread, not weekly or monthly or yearly bread but our daily provisions. This can be where you open up your prayer notebook or pray over names, situations, family, etc.

"Forgive us our sins, for we also forgive everyone who sins against us." Now this is the point where we ask for forgiveness of our sins. We sin daily and we need forgiveness daily. We can pray specific sins that we knowingly realized were sinful. We can also ask the Lord to search ourheart and forgive anything in us that is not like Him. And ask Him to show us how to continue to turn to Him for strength and assurance and not to the world. This is also where we can ask Him to help us to forgive others and help us to heal from any offense done to us.

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

This is your truth serum time. This is where we cry out our struggles and laments. This is where we talk with God about what is evil or not good and holy in our lives. This is where we are open and honest about our struggles. This isn't where we ask for more willpower, because we will never have enough willpower to get over our addictions or sinful nature. This is where we ask to partner with God, to get His strength to battle against the temptations of the evil one and to not give into the temptations. This is where we pray to always see the exit signs and escape routes before the enemy gets a foothold on us. Because the truth is, the enemy is never going to stop coming for you, so we need to learn to tap into God's power to help fight him and his schemes. We don't need to deny our struggles, but to pray through it because we need a Savior to fight for us in our weakness. We don't need to edit our thoughts here and present ourselves as better than we are because God knows all. We can vent and share all our emotions and be honest with Him.

"Here is an example of what using The Lord's Prayer as a template could look like:

Dear Lord,

I thank You, I praise You, I honor You. Lord. You are so good, so mighty, so amazing and I thank You for being the Lord of my life. Thank You for my family, Thank You for today, Thank You for loving me and always being near me.

Lord, supply me with Your strength today. Help me to walk out this life however You need me today. Holy Spirit speak to me and bring to my memory all that You need for me to be used by You today. May Your will be done in me and in this world today.

Lord, I ask for Your hand to be upon my family for health and safety. I ask for Your hand to be on Your church, this town, this state, and Your world. Provide all that I need today. And show me how to keep turning to You for peace and provision in all things.

Lord, forgive me of my sins and help me to quickly forgive those that have offended me.

Lord, help me to fight all the attacks that Satan will come against me today. Help me to arm my mind with Your Word so the enemy doesn't get a foothold on my mental health.

In Jesus name I pray. Amen.

READ:

Matthew 6:9-13

Luke 11: 2-4

REFLECT:

• Write your own prayer using The Lord's Prayer as a template.

PRAYER:

Father God, thank You that You have given me the ability to speak to You and have a relationship with You. It's all because of what You have done for me through Your Son Jesus that I have this privilege. Thank You. Show me Lord how to develop our relationship and strengthen it through more intentional prayers and conversations. In Jesus name I pray. Amen.