

THIS IS HOW TO PRAY

Approach God with authentic intimacy but radical respect, trusting His authority to provide what is best.

KEY POINTS

- ❖ How do we actually pray? Luke records that after watching Jesus pray, one of His disciples asked, "Lord, teach us to pray" (Luke 11:1). That request reminds us that prayer is something learned, practised, and deepened over time.
- ❖ The original meaning of the word pray helps frame this idea. HELPS Word Studies describes it as interacting with God by exchanging our wishes for His, as He shapes our faith and perspective.
- ❖ This aligns with the New Testament teaching that we can approach God boldly (Hebrews 4:16; Matthew 7:11). Not because we are confident that we will get what we want, but because we trust Him to give what is best.
- ❖ That confidence flows from His love and authority, not from our own certainty.
- ❖ In a culture that values control and instant results, this way of praying can sound patronising.
- ❖ That is why Jesus gave His disciples a framework—not a script to repeat mindlessly, but a pattern that teaches us how to relate to God with honesty, trust, and reverence.
- ❖ The goal is not simply to pray more, but to pray better, so that our confidence, peace, and effectiveness grow.

Exalt God to the highest—even though He knows He's there, we want Him to know that we know too.

- ❖ In Matthew 6, Jesus begins with, "Our Father in heaven" (v. 9). This opening holds intimacy and authority together.
- ❖ Calling God "Father" speaks to relationship and care, similar to a loving parent, while saying He is "in heaven" acknowledges His supreme authority and perspective, reminding us that He rules beyond our limitations.
- ❖ "Hallowed be Your name" (v. 9) means God's character is set apart.
- ❖ In the Bible, a name represents reputation and essence. When God revealed Himself to Moses as "I AM" (Exodus 3:14), He declared Himself self-existent and sustaining all things.
- ❖ Everything else depends on Him. Prayer begins, then, with recognition of who God is, not who we are.
- ❖ "Your kingdom come. Your will be done on earth as it is in heaven" (v. 10) completes this exaltation. Heaven represents a realm where God's will faces no opposition.
- ❖ By praying this, we acknowledge that His ways are better than ours and invite His rule into our imperfect world.
- ❖ This places God at the centre before any request is made.
- Be candid about what is needed; God already knows but has said He wants to hear it from us.**
- ❖ "Give us this day our daily bread" (v. 11) invites honesty about material needs. Jesus does not discourage asking for practical provision. He teaches that God is the ongoing source of what sustains us.
- ❖ This applies not only to food, but to all daily necessities.

KEY SCRIPTURE: 1 Matthew 6:9-13

(all scripture in NIV unless otherwise noted)

- ❖ "And forgive us our debts, as we forgive our debtors" (v. 12) shifts from material needs to relational and moral ones.
- ❖ In Scripture, "debt" includes wrongdoing and moral failure. Forgiveness restores our relationship with God and with others, revealing how deeply we understand God's grace toward us.
- ❖ "And do not lead us into temptation, but deliver us from the evil one" (v. 13) addresses spiritual vulnerability.
- ❖ God does not tempt people to sin, but He does allow testing (see 1 Corinthians 10:13; James 1:13).
- ❖ This prayer asks for protection, discernment, and deliverance, acknowledging our need for God's strength in every area of life—body, soul, and spirit.

It's the covenant between God and His people that will allow us to reach the world through prayer.

- ❖ Prayer begins and ends with surrender. Declaring God's kingdom affirms His right to rule. Declaring His power acknowledges His ability to act. And declaring His glory recognizes His worthiness of trust.
- ❖ "For Yours is the kingdom and the power and the glory forever" (v.13).
- ❖ Ending prayer this way reminds us that outcomes belong to God. We bring requests honestly, but we release control.
- ❖ God is not distant or harsh, but loving and wise. Learning to pray this way shifts us from anxiety to trust, and from pressure to peace.
- ❖ Jesus gave us a clear blueprint for prayer—not to complicate our lives, but to invite us into relationship with God.
- ❖ Prayer is a place to begin or to begin again. Setting aside time for reflection, gratitude, and perspective can reshape how we live and respond to life.
- ❖ As we grow, prayer becomes more than a discipline. It becomes an ongoing interaction with God—bringing our thoughts to Him and allowing His wisdom to shape our hearts.

DISCUSSION/REFLECTION TOOLS

1. In Matthew 6:9-13, Jesus gives a model for prayer. Compare this with another prayer in Scripture. What similarities or differences do you notice, and what do they teach you about how prayer can be expressed?
2. If prayer is meant to be a relationship rather than a transaction, what might need to change in the way you currently pray?

PRAYER TIME

Lord, teach us to depend on You and to rest in Your care. Amen.

WEEK OF SUNDAY, JANUARY 18, 2026

NOTES

Meditate as you read through/listen to this week's message. If it helps, use symbols for your notes.



(Reminds me/Confirms)



(New idea)



(Think about)



(Do this)



(Speaks to my heart)



(Must share)

PRAYER NEEDS/THANKSGIVINGS

Go deeper with your Life Group family.
CONNECT-REFLECT-DISSECT THE WORD
Your Life Group ~ Your Lifeline

PRAYER FOCUS: F.S. Ministries: Departments, Directors, and participants.

24-hour Prayer: Daily;

Daily Devotions: Monday - Friday @ 6:30 a.m. & 9:00 p.m.;

Departmental Prayer: Every Thursday (please check schedule)

Corporate Prayer: Every Friday @ 7:00 p.m. (and in person every second Friday @ 9:00 p.m. - 3:00 a.m.).

Zoom ID: 898 3191 5909 **Phone Access:** 647-374-4685

FAITH SANCTUARY DONATIONS

To donate online, please go to www.faithsanctuary.com/give
For email transfers, please use donate@faithsanctuary.com

ANNOUNCEMENTS

CALLING ALL SONGWRITERS!

If you have written songs or want to begin writing them, then this meeting is for you! Come join us on Sunday, January 18th, 2026 @ 1:30 p.m. in the Faith Conference Center to discuss bringing original music to Faith.

Contact: Pastor Daniel Peel

MARRIAGE SMALL GROUP MEETING

We're excited to invite couples to join us Thursday, January 22nd, 2026 @ 7:30 p.m. for our monthly Marriage Small Group Meeting! This will be a meaningful and encouraging time of connection, fellowship, and growth for couples. For more information and the Zoom link, please contact Bob and Kim Banton at stayconnectedmsg@gmail.com.

MEN'S & LADIES' MEETING

On Saturday, January 24th, 2026, there will be a combined Men's & Ladies' Meeting from 10:00 a.m. to 12:00 p.m. All men and women are encouraged to come out for a wonderful time of growth and fellowship.

Contact: Pastor Lucy Peel

RIGHT HAND OF FELLOWSHIP

The Right Hand of Fellowship will be extended on Sunday, February 1st, 2026 to anyone who would like to become a member of Faith Sanctuary. If you are interested in becoming a member, please put your name on the sign-up sheet at the Guest Service Host Desk. For more information, contact Pastor Lucy Peel.

OPEN CALL SIGN UP

If you're interested in volunteering with the Praise & Worship, Production, or Communications teams, please attend the sign-up session on Sunday, February 15th, 2026 from 1:15 p.m. to 2:00 p.m. in the Faith Conference Center.

Contact: Pastor Daniel Peel

FAITH SANCTUARY WEEKLY SERVICES

Sunday Bible Study @ 10:00 a.m.

Sunday Worship Service @ 11:00 a.m.
(Listen via phone: 1-844-268-4848)

Monday Berean Bible Study @ 6:30 p.m.
(Zoom, Facebook, YouTube)

Wednesday Bible Study @ 7:30 p.m.
(In person and via Zoom)

Friday Evening Service @ 8:00 p.m.
(In person and via Zoom)

Life Group Meetings – individually scheduled
(see ushers for information)

FAITH FOUNDATIONS

GOD

We believe there is only one God: the eternal, holy, loving, all-knowing, all-powerful, omnipresent Spirit, creator of all (Deuteronomy 6:4; 1 Timothy 1:17; Leviticus 19:2; 1 John 4:8; Hebrews 4:13; Revelation 19:6; Jeremiah 23:24; John 4:24; Isaiah 44:24; Colossians 1:16).

GOD'S WORD

We believe the Holy Scriptures—The Bible—is God's true and complete Word to humanity, verified most notably through fulfilled prophecies concerning Jesus Christ (2 Timothy 3:16; 2 Peter 1:20-21; Isaiah 41:21-23, 42:8-9, 46:9-10; Luke 24:25-27; John 17:17).

GOD'S CREATION

We believe all people were created in the image of God for His pleasure, to be His children, His church and His bride, living in eternal love and fellowship with Him (Revelation 4:1; Genesis 1:27; John 1:12-13; Romans 8:16; Ephesians 5:25-32; Revelation 19:7).

HUMANITY'S FALL

We acknowledge that we have all sinned and failed to fulfill God's plan and purpose for our lives, through willful disobedience to the word of God and our own conscience. All sinful acts lead to separation and alienation from God's pure, holy presence, eventually resulting in both physical and spiritual death (Romans 3:23, 6:23a).

THE GOSPEL

We believe that Jesus Christ is the Almighty God, fully divine and fully human (1 Timothy 3:16). He came to Earth and suffered death by crucifixion, willingly substituting Himself for us in receiving God's judgment against sin (Isaiah 53:5). But God raised Him from death (Acts 5:30), and He now offers eternal life to all who will believe in Him (John 3:14-17, 6:29; 2 Corinthians 5:18-21; Romans 6:23b; Ephesians 2:4-9). Faith is sparked within us when we hear the gospel, the "good news" that Jesus died, was buried and rose from the dead for our benefit (Romans 10:14-17; 1 Corinthians 15:1-4).

OUR FAITH RESPONSE

Hearing the gospel is intended to lead us to repentance, a divinely inspired change of heart that causes us to turn away from our sins and turn to God (2 Corinthians 7:9-10; 2 Timothy 2:24-26). Faith and repentance lead us to obey the scriptural command to be baptized in Jesus' name for the forgiveness of our sins and to receive His gift of the Holy Spirit. His Spirit gives us the power to live a righteous, godly life, joyfully sharing the good news of our new life in Christ with others (Mark 16:16; Acts 2:38, 4:12; 1 Peter 1:22-23).

CHRIST'S RETURN

We believe our Lord Jesus Christ will soon return to Earth to receive His people to Himself and establish His righteous, eternal kingdom (John 14:3; Matthew 25:34).

JANUARY 18, 2026

Faith SANCTUARY

Feed Canada to Feed the World

Reaching the World Through Prayer
~2026~

Pastor:
Rev. Adrian W. Peel

"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."

Matthew 6:9-13 (NIV)

1901 Jane St., Toronto, Ontario M9N 3T9

Phone: 416-244-4898

Email: mail@faithsanctuary.com

Website: www.faithsanctuary.com

Livestream: <https://faithsanctuarytoronto.online.church>