

The Lord's Prayer

When Jesus' disciples asked him to teach them to pray, he gave them this prayer as a model for their prayer life:

⁹ Pray then like this: "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 this day 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 evil.

-Matthew 6:9-13

Use this **exercise** as a way of using the Lord's Prayer as a model for your own prayer time.

1. Our Father in Heaven, hallowed be your name.

Talk to God as your Father. Tell him what you love about him and thank him for being who he is. Take a moment to speak some of the names and titles of God and remember how he has revealed his character to you in your life.

- YHWH – God's covenant name meaning he is who he is – representing his compassion, presence, faithful love, and mercy.
- El Shaddai – God Almighty
- Elohim Sabaoth – God of hosts
- Creator
- Father
- King of Kings
- Lord of Lords
- Redeemer
- Rock
- Immanuel – God with us
- Yahweh Jireh – The Lord will provide
- Yahweh Rapha – The Lord who heals
- Yahweh Nissi – The Lord our banner

2. Your kingdom come.

Jesus' mission is to bring the kingdom of God to earth. He does so in many ways – bringing the lost to faith, restoring the brokenness of creation, renewing the strength of his people, sending the Gospel to the nations, providing reconciliation to groups of people and relationships, and ultimately by returning and bringing the fulness of his kingdom to Earth.

Take a moment to ask him to bring his kingdom into specific situations and the lives of people you know.

3. Your will be done on earth as it is in heaven.

Now ask God to help you to surrender fully to him and his will. Think about the kingdom you just prayed for and how your will on certain issues might not line up with that. Surrender your opposing will and ask him to give you his heart for the world around you.

4. Give us this day our daily bread.

Thank God for all the ways he's provided for you, even the things we often take for granted like food, water, and shelter. Then ask him for the specific things you need – provision for your necessities and the resources to live out your calling.

5. Forgive us our debts, as we also have forgiven our debtors.

Think about anything you might have against someone else. Ask God to help you forgive them. Next, confess your own sin to God. If nothing comes to mind, ask God to reveal your brokenness to you. Thank God for the forgiveness you have in Jesus.

6. Lead us not into temptation, but deliver us from evil.

Ask God to lead you in his ways and to give you the strength to resist the temptation of the world, the flesh, and the devil. Commit yourself to the way of Jesus, and to living a life that pleases God and seeks his kingdom first.
