

The Lord's Prayer (Matthew 6:9-13)

Welcome to our 21 days of prayer! In Matthew 6, Jesus tells us how we can pray, not exactly what to pray. We hope that you find this guide through the Lord's Prayer to be extremely helpful as you begin your prayer journey. Below you will find a breakdown of the Lord's Prayer with verses and explanations for each part of prayer. Use this as a guide but please remember that this is not exhaustive nor something to be followed verbatim. Let the Lord lead you in your prayers. Our hope is that you change forever and that your prayer life and intimacy with God will grow because of these 21 days!

1. YOU'RE TALKING TO DAD

Matthew 6:9-⁹ "This, then, is how you should pray: "'Our Father in heaven, hallowed be your name,

PSALM 106:1

ROMANS 8:38-39

ROMANS 5:8

MATTHEW 7:11

God is a good dad. As you begin each prayer, it is so important to remember that you are praying to your father who is in heaven. Not all of us had great dads, but God is a really good dad. It is so important for us to remember that as we pray, we are praying to our good father who is in the best place in the universe, Heaven. Above, you will find the beginning of the Lord's prayer in Matthew 6:9. But you also find verses that show us the goodness of God and how great of a father he truly is. It is so important for us to remember who we are talking to when we pray. Approach your father with humility and confidence as you begin to pray.

Example: "Father, thank you for this day and I thank you that you're very good father. Help me to pray in confidence as I approached you for you are a good dad..."

2. THERE IS POWER IN HIS NAME

Matthew 6:9-⁹ "This, then, is how you should pray: "'Our Father in heaven, hallowed be your name,

Proverbs 18:10

It is so important for us to remember who we are praying to. Not only is God our father but He is completely capable to do more than we could've ever hoped for or imagined (Ephesians 3:20-21). He is good, kind, gracious, loving, powerful, all-knowing, capable, present and He will provide. During this part of the prayer, it is important to pray the names of God and the attributes of God. At times, we need to speak to our current

situation or request in faith knowing completely and claiming who God is. There's power in God's name and so we want to pray in his name and in his power. Speak the truth of who God is to your current situation or your current request.

(See the Names of God sheet for help)

Example: "God, you are good, kind, gracious, loving, able to do more than I can imagine. You're sovereign and you're completely aware of what I'm going through. Help me to have the faith to rely on you and to see you in this moment. God please fight for me. I know that you love your children and fight for them and provide for them..."

3. PRAY FOR GOD'S KINGDOM TO COME

Matthew 6:10- your kingdom come, your will be done, on earth as it is in heaven.

Matthew 26:39

When you're praying for God's kingdom, we are asking for Heaven to come to earth. It is important to remember that because God is so good, you want his will to be done here on earth as it is in heaven. Use this time to pray that God's will would be done in your life and in your situation. Pray that you would be willing to except God's will in your life and walk in it completely. Remember that we are praying to our dad, who is really good and so we need to have faith and trust that his will for us is good. It may not seem like that all the time but that is where faith comes in.

Also, ask that you would be used to help bring the will of God to earth. That you would be used by him to reach people and show them the love that God has for them.

Example: "God, I pray for your will to be done here. I pray for your will to enter my life and Lord I pray that I would walk in your will. I do not always understand how your will is working but please give me faith to walk in it. I know that you are good and that you love me completely. Help me to walk in faith in your will.

God, I also ask that you would help me to reach others. I pray that I'll be kind and generous with people and show them the love that you've shown me. Use me to reach people with the message of your gospel."

4. PRAY FOR PROVISION AND BLESSING

Matthew 6:11- Give us today our daily bread.

This is where we begin to ask God for our specific request. It is important to remember what we've just said previously: who God is and that he is listening. We are able to ask God to move in specific ways. This is a daily request. We must remember and come to know that we must rely on God daily for everything in our lives, not just our physical needs but our spiritual needs. Begin to make your requests known to God, knowing that

he is a good father who's listening to you. Ask and intercede for others here as well. Begin to ask God about specific situations that you're going through. There's nothing too big or too small. Just talk to God here.

Example: "God, (inserts request here) I asked that you move in incredible ways in this situation. God, please provide for my every need in this moment and help me to see you. Please intercede on my behalf and meet my every need in this area of my life. I also asked that you help, (insert name here) please help them in this situation.

5. PRAY FOR FORGIVENESS

Matthew 6:12- And forgive us our debts, as we also have forgiven our debtors.

Forgiveness is so important when it comes to prayer. Many of us live as if we do not believe that God has forgiven us, therefore, we have a hard time forgiving others. The reality is unforgiveness only holds you back and keeps you in bondage from really moving forward. It's so important that we confess our sins to God and ask for forgiveness. When we are reminded that we need forgiveness in our lives, it makes it easier for us to forgive others. Take time right now to ask God for forgiveness for things that you have done or things that you did not do but were supposed to. Then pray for God's strength to forgive others.

Example: "Please forgive me for the things that I have done today. Please help me to walk in the truth of your forgiveness. Also forgive me for not doing the things that I should have done. As you forgive me, may I also forgive others. Please help me to truly forgive those who have hurt me purposely or ignorantly."

6. ASK FOR HELP IN YOUR FIGHT FOR GOODNESS

Matthew 6:13- And lead us not into temptation, but deliver us from the evil one.

Eph. 6:18

It is important to realize that we are in a spiritual battle. We have to fight to do good and to walk in God's path. Take time right now to pray that God would help you in your fight to do good. Ask God to help you by helping to lead you away from temptation into give you the strength needed to resist.

Example: "God, please help me to resist temptation. Guard my eyes from things I should not see. Please guard my ears from things I should not hear and please help me walk in your righteousness. Protect my minds and thoughts. May thoughts be towards you and help me to renew my mind. May the Holy Spirit give me strength to walk daily in your goodness and in holiness and righteousness."