

# HOW SHOULD I PRAY?

Matthew 6:9-13; Luke 11:1-4

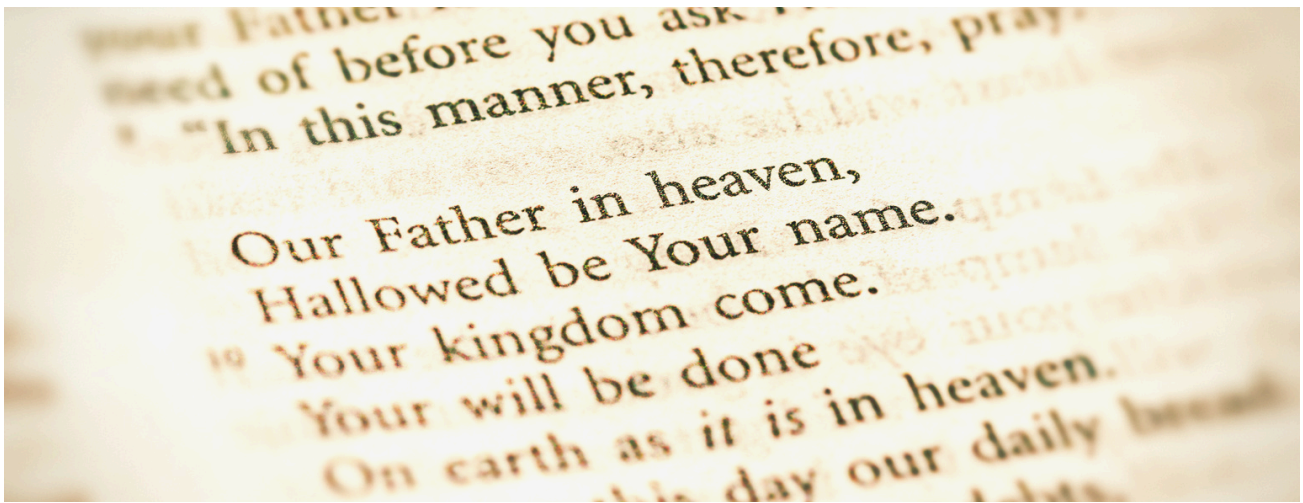


Have you ever felt like your prayer life can feel clumsy? What should we say? What if we run out of words? What does it sometimes feel awkward to pray? Thankfully, Jesus teaches us to pray in Matthew 6:9-13, and when we practice following the guidelines He gives us, we can grow to have a rich and vibrant prayer life. This passage is called the Lord's prayer. It is important to note that Jesus did not say this prayer should be recited word-for-word. He starts by saying, "You should pray like this." Jesus is giving us an example and a pattern to follow. You can recite this prayer, but Jesus gave it to us as guidelines that we can each use to pray with our own words.

The Lord's prayer contains (4) phrases that we will learn how Jesus wants us to pray. The first (2) phrases in this prayer focus on the worthiness and holiness of God. The second (2) phrase focuses on the personal leads of the Believers.

**Our Father which art in heaven,  
Hallowed be thy name (v.9)**

It was not normal to refer to God as Father in Jesus' time. He was breaking protocol and suggesting a warm and intimate relationship by addressing God as Father. He reminds us that God resides in Heaven. He is set apart, holy, and ruling sovererignly



over the world. We have a wonderful personal relationship with an infinitely awesome God. Remembering to whom we are praying is the first step of praying. When you begin to pray, choose to address the Lord in a way that honors who He is and reminds you of who He is in your life.

**Thy kingdom come. Thy will be done in earth, as it is in heaven (v.10)**

This phrase focuses on the central mission given to all Christians - to expand the Kingdom of God on the earth. God's kingdom is built in the hearts of people who love and serve Him. When praying, we should ask God to continue to build his kingdom in and through us.

And then we pray for God's will to be done. We are not praying for a secret, mysterious will that has not been shown to us, but God's revealed will in Scripture to come to pass. God's revealed will is found on every page and in every verse in all of the Bible. It is full of wisdom, counsel, revelation, and truth that guide us to walk in the will of God. We should pray that God's will, as according to Scripture, be done in the world.

**Give us this day our daily bread. And forgive us our debts, as we forgive our debtors (vv. 11-12).**

Jesus' guide to prayer shifts from being God-focused to being focused on the personal needs of the one praying. The phrase "daily bread" does not just refer to bread; it refers to the physical needs one has in a day. Jesus also adds a prayer of restoration and forgiveness for the sins we commit that hold back our relationship with God. He finally reminds us that because we have been forgiven, we must forgive others.

And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory for ever. Amen (v.13)

The final phrase of Jesus' prayer is for our spiritual well-being. Jesus concludes His prayer by asking God for closeness to Him. We should pray that God prevents us from being in situations where we might sin, and pray that He protects us from the plans of Satan. By closing His prayer, Jesus reminds us that we need to be near to God and far from sin.

The Lord's prayer shows us the chief aim of prayer - to glorify God, commune with God, partner with God, and ask for the providence and help of God.



## Reflection

1. How would you describe your prayer life right now? In what ways would you like to see your prayer life grow?
2. How does examining Jesus' intentionality, missionality, and continuous practice of prayer impact you?
3. Which one of the above characteristics of Jesus' prayer life is the area you would like to grow in most? Why?

# THE LORD'S PRAYER

“The Lord’s Prayer” illustrates how to pray rather than prescribing necessary words to use. This model will teach the manner and method of prayer and share matters to pray.

## Matthew 6:9-13

“Our Father in heaven,  
hallowed be your name.  
Your kingdom come,  
your will be done,  
on earth as it is in heaven.  
Give us this day 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 evil.” (ESV)



# Step 1: PREPARE

01

## HAVE A PURE HEART AND MOTIVE

“And when you pray, you must not be like the hypocrites...But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you...for your Father know what you need before you ask him” (Matthew 6:5-8 ESV).



02

## HAVE A PRIVATE CONVERSATION,

intent on invoking His presence. “But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you” (Matthew 6:6 ESV).

03

## HAVE A MEANINGFUL COMMUNICATION

with GOD. “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him” (Matthew 6:7-8 ESV).

04

## HAVE A PRESENTATION OF SPECIFIC REQUESTS

“Moreover, as for me, far be it from me that I should sin against the Lord by ceasing to pray for you, and I will instruct you in the good and the right way. Only fear the LORD and serve him faithfully with all your heart. For consider what great things he has done for you (1 Samuel 12:23-24 ESV).

# Step 2: Pray

## The Model Prayer Table

### PHRASE

### MEANING

### REFERENCES

**“Our Father in heaven”  
(Matthew 6:9)**

**Recognize who He is - the  
PERSON**

**Romans 8:15; Isaiah 64:8**

**“Hallowed be your name”  
(Matthew 6:9)**

**Adore Him because of who  
He is - PRAISE**

**Psalm 18:3; 96:8**

**“Your kingdom come, your  
will be done” (Matthew 6:10)**

**Seek and do GOD’s will. His  
Word is the path to finding  
His will - PURPOSE**

**1 John 5:14**

**“Give us this day our daily  
bread” (Matthew 6:11)**

**Ask GOD to meet even your  
most mundane needs to  
accomplish your spiritual  
duties - PETITION**

**Philippians 4:9**

**“And forgive us our debts”  
(Matthew 6:12)**

**Ask GOD to forgive your  
debts or your failures to give  
obedience due HIM -  
PARDON**

**Psalm 66:18; Hosea 14:12**

**“And lead us not into  
temptation” (Matthew 6:13)**

**Seek away of escape from the  
evil of temptation -  
PROTECTION, not removal  
from any trials but from  
judgment that comes when  
you are overcome by trails.**

**1 Corinthians 10:13; James  
1:2-3**