

Praying Through the Lord's Prayer

A Guide for Meaningful Connection with God

For centuries, believers have spoken "The Lord's Prayer" as Jesus instructed in Matthew 6 and Luke 11. It is a powerful prayer. If we are not careful though, reciting these verses can become mindless, rote, and ritualistic. Here is a simple guide to engaging in this glorious prayer in a heartfelt, meaningful way that cultivates personal, transforming conversation with God.

(9) "Our Father in heaven, hallowed be Your name. (10) Your kingdom come. You 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 forgive our debtors. (13) And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen."

Matthew 6:9-13 (NKJV)

1. Praise God (verse 9)

"Our Father in heaven, hallowed be Your name."

- Remember who God is. List aloud His characteristics.
- Do you realize He is your FATHER? Be silent before Him and contemplate that. You are His child. He is your Daddy. Praise Him for His greatness.
- Consider praying now through a Psalm that is full of thanks and praise.

2. Seek God's Will (verse 10)

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

- Tell God that you are willing to give up your plans for His.
- Agree that the Lord's kingdom is perfect.
- Pray for His will in each area of your life on earth today.
- List aloud your activities for the day and ask for His will, not yours.

3. Ask God for Help (verse 11)

“Give us this day our daily bread.”

- Let God know you choose to trust Him to provide for all your needs.
- “Daily bread” includes not just physical and financial provision, but also emotional, relational, personal, and spiritual needs. List all your needs today. Ask Him to provide in the way He chooses best.

4. Ask for Forgiveness (verse 12)

“And forgive us our debts, as we forgive our debtors.”

- Confess any trespasses or wrongdoings. Be specific, and ask the Lord to forgive you. Sins block our relationship with our Father and must be confessed in order to be forgiven.
- Think carefully about ways you have wronged others. The Lord wants us to love one another. Have you been unloving towards family or friends? Have you been mean to yourself? Confess that now and trust God to forgive and cleanse you. (1 John 1:9)

5. Protection (verse 13a)

“And do not lead us into temptation, but deliver us from the evil one.”

- The evil one, known as satan or the devil, is real. He hates you and doesn't want you to have relationship with God. On the other hand, Jesus is good and wants you to live in abundant life with Him. (John 10:10) God has the power to protect you from evil. Ask Him now to keep you safe. He walks with you every moment and will faithfully keep you in His care according to His will.

6. Praise God again! (verse 13b)

“For Yours is the kingdom and the power and the glory forever.”

- There is no way to express how powerful it is to praise the Lord. Your praise makes His heart smile. It also builds your confidence in His ability to do “exceedingly abundantly above all we can ask or think” (Ephesians 3:20). Take time now to recall again how great God is. Consider the fact that His kingdom, power, and glory are FOREVER. We are on the winning team! Feel free to pray through another Psalm.

7. Close: “Amen.”

- Amen indicates that you agree with God. It’s like saying, “Yes. I agree. It is done.” Tell Him now that you choose by faith to agree with His word and His will for your life. No matter what. If this is hard for you, confess that to Him. He knows our hearts, and nothing is a surprise to Him. Be open and honest with your Creator. He is for you.
- Did you know that Amen is also one of the many names of Jesus? Revelation 3:14 says this about Scripture, “These things says the Amen, the Faithful and True Witness, the Beginning of the creation of God...”
- Do you realize to Whom you have been praying? Thank Him now for being faithful. Thank Him for being Truth. Praise Him for knowing everything, being all-powerful, and holding all your world in His hands. There is nothing too hard for the Lord. (Genesis 18:14)

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