

Praying Through the Lord's Prayer

A Guide for Meaningful Connection with God

Including Teaching Points & Sample Prayers

(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."

- THINK ABOUT THIS: God is everywhere at all times. He is One God, made up of three parts: Father, Son (Jesus), and Holy Spirit. *You* are not everywhere at all times! But God *did* make you in His image, and you are made up of three parts as well: spirit, soul, and body. He cares about all parts of you. God is also holy. That means He is completely set apart and unique from all creation. He surpasses all creation. He is sacred, to be held in greatest honor, esteem, and respect. We must not ever worship anything or anyone apart from Him.
- SAY THIS OUT LOUD: **God, You are my Creator. You know everything and see everything. You are in heaven, and yet Your Spirit is here with me right now. Thank You. You are also my Father! I am Your child. Help me to understand that and to live like a child of God. Help me to remember that You are holy, and You alone are worthy of my praise and adoration.**

2. Seek God's Will (verse 10)

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

- THINK ABOUT THIS: There is a lot of messy, ugly, sad stuff in the world. Our lives are not perfect, because sin exists. On the other hand, God's kingdom is perfect. We want to seek His will for us, because His will is best.
- SAY THIS OUT LOUD: **God, Your kingdom and will are designed for my good and Your glory. I give up my plans to You, that Your will be done in my life. (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.”

- THINK ABOUT THIS: “Daily bread” includes not just physical or financial provision, but also emotional, relational, personal, and spiritual needs. There is a difference between the things we *want* and those we *need*. Wants are desires, and they may or may not be best for us. Needs are necessities, and God will always provide for what you need. He’ll often give us what we desire as well, but many of our desires can be selfish, and it can be hard for us to tell the difference. This is why we need to trust God.
- SAY THIS OUT LOUD: **Father, You provide exactly what I need. There is a lot I may want, but I realize that may be different from what I need. Sometimes I’m not sure which is a need or a want, so I’ll just let you know everything I’m thinking of today and ask You to help me learn the difference. Thank You for doing what is best in my life. (Now list all your needs and desires today, asking Him to provide in the way He chooses is best. You are free to speak with Him about anything, as long as it is with respect and honor. Remember, He is your Daddy, but He is also to be respected.)**

4. Ask for Forgiveness (verse 12)

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

- THINK ABOUT THIS: A debt according to this verse is a trespass--- a sin or wrongdoing. Think carefully about ways you have wronged others. The Lord wants us to love one another. Have you been unloving toward your family or friends? Have you been dishonest with someone? Have you been mean to yourself? Jesus doesn’t want you to walk around feeling bad all day, but unforgiveness separates us from Him, leaving us feeling guilty and dirty. You can be cleaned at any moment of the day! Just confess your sins—admit that you have done wrong—and He will forgive and cleanse you. (1 John 1:9-10) *Please remember that sin blocks our relationship with our Father and must be confessed in order to be forgiven.*
- SAY THIS OUT LOUD: **Lord, You are in charge, not I. I cannot pay for my sins. Jesus, You already paid for them all, so why would I walk around guilty all day? I confess now that I am guilty of (list any ways you have offended God or others by choosing sin instead of obedience to His Word. Be specific, and ask the Lord to forgive you.)**

5. Protection (verse 13a)

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

- THINK ABOUT THIS: 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. He walks with you every moment and will faithfully keep you in His care according to His will. Ask yourself: Is there a tempting situation you may face today? Will you be around someone who may pressure you to sin? Ask God to keep you safe.
- SAY THIS OUT LOUD: **Father, keep me safe today. (Let Him know of any tempting situations or people you may be near today. Ask Him to give you wisdom, courage, and strength.) You say in Your Word that the devil has come to steal, kill and destroy, but Jesus has come to give me life and life to the full. Deliver me from the evil one, Lord, as I surrender my minutes, hours, and day to You now.**

6. Praise God again! (verse 13b)

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

- THINK ABOUT THIS: 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. You are on the winning team!
- SAY THIS OUT LOUD: **God, I declare again that Your kingdom is good. Your power and glory exist forever, and You have shared Yourself with me, Your child. Thank You!**

7. Close: “Amen.”

- THINK ABOUT THIS: Amen indicates that you agree with God. It's like saying, “Yes. I agree. It is done.”
- SAY THIS OUT LOUD: **Lord, I choose by faith to agree with Your Word and Your will for my 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, not against you.)**

- THINK ABOUT THIS: Did you know that Amen is also one of the many names of Jesus? Revelation 3:14 says, “These things says the Amen, the Faithful and True Witness, the Beginning of the creation of God...” This is God! Do you realize to Whom you have been praying? There is nothing too hard for the Lord. (Genesis 18:14)
- SAY THIS OUT LOUD: **Lord, thank You for being Faithful. Thank You for being Truth. You know everything, You’re all-powerful, and You hold all my world in Your hands. I trust in You and I surrender all to You. In Jesus’ name, Amen.**

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