

The Lords prayer

There is a podcast to go along with this devotional, it may help you to listen to that first.

Read Matthew 6 vs 5 - 8

A really good way to learn to pray is to take some advice from Jesus.

While Jesus was preaching his 'sermon on the mount', he spoke about prayer, and how to pray.

Having read the verses listed above, why do you think Jesus begins talking about prayer in this way? What is it that he is trying to convey?

We see that Jesus does not want us to pray publicly, for affirmation. He also does not want us to 'heap up empty phrases' to try and impress him.

What does God want from us as we pray?

Read Matthew 6 vs 9-14;

In the podcast, we heard this prayer broken down.

The first two words of the prayer answer the question posed by Jesus as he tells people how NOT to pray.

By approaching God as '**Our Father**', we approach him with intimacy but also with reverence and respect.

Jesus wants prayer to be an intimate thing between us and our father. What does God want from us as we pray? He wants our hearts.

We offer Him our hearts through Worship '**Hallowed be your name**' and by praying for his **will** to **be done**.

What does it look like for Gods will to be done in your life? In your work? In your family?

Take some time now to write some of these things down.

You might want to offer some of these things to God in prayer now.

Give us each day, our daily bread.

Bread is a powerful symbol in the Bible, not only is it found in the Lords prayer. It is seen as a gift from God, when Moses fed the people in the desert, bread fell from heaven. Jesus multiplied bread to feed the 5000. It was eaten as part of the passover and then became the body of Christ at the last supper.

Here in the Lords prayer, our daily bread is 'our daily needs', our sustenance.

Jesus also wants us to depend on God for our daily needs- our daily bread. What are your daily needs? Take some time to think about these now. Are there areas in your life where you could depend on God more? Are there some new ways in which you could depend on God for your daily bread?

Forgive us our sins, as we forgive those who sin against us;

Is there anything you need to repent from? The act of repenting isn't simply listing things you have done wrong and saying sorry for them.

To repent means to literally turn away from something. When we repent, we are telling God we want to turn away from the sin we are committing, we ask the Holy Spirit to help us.

How often do you forgive people? Is this something you do actively? Or do you choose not to think of the ways you have been hurt and wronged? How do you forgive others?

Take some time to think about this now.

Maybe you need to list the people that you have not forgiven and ask the Holy Spirit to help you with forgiving them.

And lead us not into temptation;

We have dealt with the sins we have already committed, and the ones that have been committed against us. Now Jesus wants us to look to the future.

'Lead us not into temptation' in other words; help us avoid future sins.

Spend some time looking at Jesus dealing with temptation, this can help direct us when dealing with temptation and help form our prayers.

Matthew 4: 1-11 .

What can we learn from Jesus as he was tempted?

It may help you to think about what the enemy did in order to tempt Jesus and how Jesus responded.

The enemy attempted to make Jesus question what God had said, and tried to inflate his ego.

Jesus response? Scripture. Jesus quotes truth back to the enemy.

When you pray for God to help you avoid temptation, ask him to bring truth to your mind. You could spend some time reading some scripture now, or reflecting on any verses that come to mind.

Finally, Jesus ends the prayer with more worship - **for yours is the kingdom, and the power and the glory forever. AMEN.**

Why don't you spend some time worshipping God now?