

Teach ME TO PRAY

To pray means to communicate with God. God is ready and willing to listen because He knows you and wants to be known by you.

WHY SHOULD I PRAY?

Learning to pray is about developing a relationship with God. Relationships grow through spending time together and sharing authentic, two-way communication. Prayer is about both speaking and listening.

HOW DO I PRAY?

You can pray kneeling, sitting, standing, walking, driving... basically anywhere and any time. You can pray silently or out loud. Eyes open or closed. You might even use a journal to write out your prayers.

WHAT DO I SAY?

When Jesus' disciples asked this very question, He gave them an example. You may consider using this as a guide for your own prayer time.

"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." (Matthew 6:9-13 ESV)

LET'S BREAK IT DOWN

"Our Father in heaven" What you believe about God and your relationship with Him is fundamental to how you will learn to talk with Him. Your identity is that of a child of God. You can have confidence that when you pray, He hears you.

"hallowed be your name." Acknowledge God's holiness, showing Him honor and reverence.

"Your kingdom come, your will be done, on earth as it is in heaven." Ask God to align your desires with His desires. His way, the Kingdom way, is always best. Ask Him to show you how you can be part of reflecting heaven in the places you live and work each day.

"Give us today our daily bread." Acknowledge your dependence on God. What is it you need today? Ask Him to provide.

"And forgive us our debts, as we also have forgiven our debtors." This is a time to acknowledge (confess) ways you have sinned against God or others. You are already forgiven by Jesus' work on the cross. How do you need to extend that same forgiveness to those who have hurt you?

"And lead us not into temptation, but deliver us from the evil one." Ask God to empower you to live the life He intends for you to live. Ask Him to strengthen you and fill your mind with His promises.

HOW DO I END A PRAYER?

We can approach God with confidence because of Jesus' work on our behalf. So one way you might end your prayer is by saying "In Jesus name, Amen."

It's our prayer for you that you will develop a rich and powerful prayer life as you grow in your relationship with Jesus.



HOUSTON NW CHURCH
