

Hey there – Pastor Joe again from Community Alliance Church. Thank you for taking time to watch this video as you continue your journey with Jesus. In our last video, we talk about the “You talk, I listen” part of a relationship with Jesus and about how Jesus speaks to us through God’s Word in the Bible. In this video, I want to share for a few minutes about the “I talk, you listen” part of our relationship, something I’ll refer to as “Prayer”.

Prayer is not a foreign concept for most people. Most likely, you had an idea of what it was longer before you made any kind of decision to follow Jesus. Studies claim over 75% of Americans pray at least somewhat regularly, so there is a strong chance you have prayed many times before in your life. But prayer can be confusing, can’t it? How do you know if you are doing it right? What are you supposed to say and do? Well, if prayer has ever confused you, I have good news – you aren’t alone. Would you believe that even the people who saw and talked with Jesus everyday when He was on earth still wondered how to pray? Well it’s true. The Gospel writer **Luke 11:1** tells us, **“One day, Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray.”** They wondered, Jesus when you pray how do you do it? What Jesus shared next is a prayer that many have heard. You have probably seen on blankets at funerals and plaques on walls. It is often called “The Lord’s Prayer” or “The Our Father”. And while there is nothing wrong with reciting it word-for-word, what most people don’t realize is Jesus didn’t teach exactly what to say. He taught a model for how to pray.

So what I want to do is breakdown the prayer and pull out the model to help us have a pattern for our prayers. To do this I want to use the word **R-E-A-C-H** as an acronym. Jesus taught His disciples how to pray, how to “Reach” out and talk to God.

- **Luke 11:2 – Our Father in heaven, hallowed be Your name.** Jesus teach us to **Revere**. We begin prayer by focusing on who God is, and not on what we want. We give our reverence to God. Revering means we spent time praising God in prayer. Helps you remember who God is and just who it is you are talking to. Slows you down. Helps you get focused. So what do we praise Him for? Whatever you are thankful for? Something He has done! Something you asked that He answered! Just for who He is in the world and in your life. There will come a point when you are even able praise Him when it feels like nothing is going right. Jesus teaches us to begin prayers by revering Him. This important, because true praise leads us to be able to what He says next...
- **Luke 11:2 – Your kingdom come. Your will be done. On earth as it is in heaven.** This means our prayer is about God’s will more than ours. The second letter of REACH, E stands for **Entrust**. It is incredibly important in prayer to “entrust” ourselves to God. It is also, at least for me, usually the hardest. When you entrust yourself to God and say “Your will be done” it allows for the possibility that God may not give you what you ask for and realizes He knows better what you need in your life than you do. Further, when you say, “Your kingdom come” you submit your personal desires and mission to His mission in the world, which may be in conflict with your own desires. Do you see why this is so hard? It only once we entrust ourselves to God that we are ready for the next step and next letter...
- **Luke 11:3 – Give us day by day our daily bread** – This is the part of prayer when we **Ask** God. The A in REACH stands for ask. God wants you to bring your needs, your daily bread, to Him. Sometimes people fall into one to two extremes in the Ask part of prayer. Sometimes people make their entire prayer about the ask – they bring a long wish list to God as though he is the Genie from Aladdin. On the other extreme people can take the, “God is too busy to care about

me” and act like He doesn’t want to be bothered by us. The truth is God wants us to bring our needs to him. He wants to hear what is on our hearts.

- **Luke 11:4 – And forgive us our sins, for we also forgive everyone who is indebted to us.** – This means when we pray, we need to confess our sin to God. The C in REACH is **C**onfess. Confessing is saying I know I did this, it was sin, I need to tell you about it and ask your forgiveness. When we allow sin to stay in our lives without confession, it creates a barrier in our relationship with God. Additionally, we are challenged to forgive other people for how they have sinned against us. Why would we need to do this? Because Jesus forgave us and because resentment toward others will destroy us.
- **Luke 11:4 – And do not lead us into temptation but deliver us from the evil one.** – To live a life committed to Christ, you need God’s help. The H in REACH stands for **H**elp. One of the biggest lies people believe in living for Jesus is that they have to do it on their own. It’s not true. Jesus is telling his followers you have enemies that are bigger and tougher than you can handle. The enemy of yourself and the temptations you face plus the enemy of the devil. It is not a sign of weakness to ask for help. It is a sign of wisdom and strength. And because Jesus tells us to ask for it, we can count on Him to give us that strength.

Ok – let’s review – we can use the acronym **REACH** to remember how Jesus teaches us to pray. R stands for **R**evere or praise God. E is for **E**ntrust remembering we are entrust ourselves to God’s will. A is for **A**sk bringing needs to God and asking for His provision. C is **C**onfess reminding us to regularly confess our sins and ask God for forgiveness. H stands for **H**elp – we have to rely on God’s help to live a life committed to Christ.

Thank you for taking the time to watch this video! We will be praying for you as you continue to journey with Jesus!