

TEACH US TO PRAY

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

- *Matthew 6:12 (NASB)*

Jesus continues this model prayer with one of the most uncomfortable topics contained within it, as it brings to the forefront our sinfulness and the sinfulness of others. Yet this is also one of the most freeing portions of this prayer. Forgiveness is our greatest need. Forgiveness makes us alive in Christ and gives us the ability to forgive others and truly love them, freeing us from bonds of shame, bitterness and anger.

May & June Focus: Confession, Forgiveness & Humble Attitude

During this time of year, we enjoy springtime and the fresh newness this season brings. Just like spring, forgiveness and confession help us to give and receive a new start.

Additional scriptures to assist in understanding God's desires related to our requests:

1 John 1:9	“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”
Mark 1:15	“‘The time has come,’ he said. ‘The kingdom of God has come near. Repent and believe the good news!’”
Ephesians 2:1	“As for you, you were dead in your transgressions and sins”
James 5:16	“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”
Psalms 51:17	“My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.”
Micah 6:8	“He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”
2 Chronicles 7:14	“if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”
Psalms 51:1-4,7,10,13-17	“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions...”
Colossians 2:13	"When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins."
Matthew 22:37-40	"Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments."

And here is a video example of confession and forgiveness in prayer: [Repentance Prayer Video](#)

A Sample Prayer:

Father God, You are a holy and righteous God. There is no one who is truly good but You. To You, all of my own righteousness is nothing but filthy rags. Lord, I confess to You my sin of _____. Please forgive me and give me the strength and courage to cooperate with Your work in my life to make me into the person You want me to be. Help me love You and others well. Help me to forgive _____ for _____, knowing that You have forgiven me and are providing me with the power to forgive others. Thank You for the blood of Jesus to cover sins and wash us clean in Your sight! I pray this in the Name of Jesus who died to freely provide forgiveness for all who will accept Him, amen.

Thank you for continuing to walk with us in this journey of “Teach Us How To Pray”. If you have any questions or feedback, please contact prayer@midlandfmc.org.

