

WEEK 8 – HOW TO PRAY

MONDAY – My Lord and my God



Matthew 6: 9 *This then is how you should pray: Our Father in heaven; hallowed be Your name.*

1 Peter 1: 15 & 16 *But just as He who called you is holy, so be holy in all you do; for it is written: “Be holy, because I am holy.”*

Our Father who is in heaven, uphold the holiness of Your kingdom (CEB)

Jesus purposefully chose every word:

Our – belonging to all of us. This is a community prayer. God is the God of all cultures, denominations, ethnic groups, and sexual orientations. He is the God of all who love Him, and all who don't. We stand together in this prayer.

Father – Jesus tells us to call the creator of the universe father or dad. The one that will care and protect us; and help us grow. This is not about the image of our earthly father, but about God who created us – we are born of Him.

He is what we imagine a perfect father to be.

Heaven is –

God's perfect love for me.

His infinite time and patience for me.

The air that I breathe.

God's desire to hold me close, rescue me and guide me.

My resting place now and for eternity.

Hallowed be Thy name – He is holy and to be praised.

Glorify the Lord with me; let us exalt His name together. (Psalm 34: 3)



Prayer: Lord, reveal Your holiness to me as I yield myself to You. May You be hallowed in my life. May my life glorify You in all that I do so people can see Your love and power. Help me to be someone whose life reflects You and not dishonours You. Holy is Your name and worthy to be praised. Lord of Lord and King of Kings. AMEN

TUESDAY – Walking in His way



Matthew 6: 10...*Your kingdom come, Your will be done, on earth as it is in heaven.*

Proverbs 16: 9 *The heart of man plans his way, but the Lord establishes his steps.*

Bring in Your kingdom so that Your will is done on earth as it's done in heaven. (CEB)

In the words of the song by Larry Norman:

*The world is ending with a shout
from above
Here comes the angels with the
Champion of Love
The fight is over; the victory
belongs to the King.*

What a day that will be! But it is clear that Jesus is also telling us to pray that **we** may be His kingdom here. That we may love and care for others as He does,

and so turn the hearts of people to God.

And whose will is it?

We are so used to I, me and mine that we constantly need to remind ourselves that it is not about 'me', but about God. We need to guard against looking to God to agree with our plans. We have to train our hearts to let go of what we want and let God give us what we need. To trust Him to establish our steps and to guide our journey.



Prayer: *My Father, who art in heaven, I submit myself to you as the ruler of my life. All I have is yours, Lord. Help me to live according to your rules. Establish your kingdom here on earth, Lord, so others may know you, too. May your kingdom spread throughout our land and bring more of you to this world so in need [in] your loving rule. Help me to be faithful in helping advance your kingdom here. Show me the path you have set before me, so I may follow in your way. Lord, may thy kingdom come. AMEN. (Kathryn Shirey) **

* (<https://www.prayerandpossibilities.com/thy-kingdom-come-prayer/>)

WEDNESDAY – I don't understand



Matthew 6: 11 Give us today our daily bread.

John 6: 36 Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

Give us the bread we need for today (CEB)

When Jesus taught His disciples to pray, "Give us the bread we need for today, He connected to memories of God caring for His people. Unleavened Passover bread reminded the Hebrews of God rescuing them from Egypt. It reminded the people of who was in control.

Then, with the cross just ahead, Jesus expanded the meal's meaning for His disciples. Now with bread and wine, His disciples would recall His even greater act, dying and rising again to set all people free. *

When the vet has to hurt your pet in order to make it well; we have all seen those eyes looking at us saying 'I don't understand what the vet is doing, but I trust you wouldn't hurt me on purpose.' And don't we all feel awful!

Sometimes we have to look at God and say 'I don't understand this at all, but I trust You.'

- What is happening in your life that you just don't understand?
- What can you gain by resisting?
- What can you gain by trusting?

Jesus' prayer – Give us the bread we need for today; God didn't provide a month's or year's supply all at once. His people had to trust Him daily.

- When many of us have cupboards of food, and investment accounts, what does it mean for you to pray "Give me the bread I need for today"? *
- What is this prayer saying to you about your needs compared to your wants?



Prayer: Lord, help me to simplify my life; give me the understanding of what 'daily bread' means. Teach me to rely on You and not my own resources. Lord, give to me, today, my daily bread. AMEN

THURSDAY – Making things right



1 John 1: 8 & 9 *If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Colossians 3: 13 *Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*

*Forgive us for the ways we have wronged You,
Just as well also forgive those who have wronged us (CEB)*

Jesus in pain and suffering still had a heart to pray, *Father, forgive them, for they don't know what they're doing* (Luke 23: 34). To me, this has always been the most amazing prayer. And He is praying it on our behalf every single day.

As in 1 John 1: 8 & 9 – we are fooling ourselves if we believe we are without sin. Just think of all our unkind, critical and judgemental words, and when we satisfy our wants before the needs of others.

When you are open and honest about these 'He is faithful and just to forgive us....'

'Forgive as the Lord forgave you.' Sound simple? C. S. Lewis learned that it isn't:

I find that when I think I am asking God to forgive me....I am asking Him not to forgive me but to excuse me....

True repentance demands changed behaviour.

William Barclay wrote: Of all petitions of the Lord's Prayer this is the most frightening:

'Forgive us our debts as we forgive our debtors'....It is...quite clear that....if we say, 'I will never ..., we are quite deliberately asking God not to forgive us....To be forgiven we must forgive, and that is a condition of forgiveness which only the power of Christ can enable us to fulfil!]'.



Prayer: Lord, I want a heart that forgives. A heart full of love. One that keeps loving over and over again. Because Your word is within.
AMEN

FRIDAY – God will lead us



Matthew 6: 13 *And lead us not into temptation, but deliver us from the evil one.*

Psalm 119: 105 *Your word is a lamp for my feet, a light on my path.*

*And don't lead us into temptation,
but rescue us from the evil one.*
(CEB)

'don't lead us into temptation...'

This phrase could be seen as pleading with God not to tempt us – meaning that He might well lead us astray; perhaps just to test if we can be true to our faith.

But that is definitely not the way God operates. He always wants what is good for us. Our prayer should be 'Lord lead us; we don't want to be tempted by anything harmful. Protect us from the evil one.'

We also need to acknowledge that our own desires and wants will lead us down the path of temptation. That is why we pray ... YOU lead us, Lord. God only acts when we ask Him to.

And how do we usually end this prayer?

*For thine is the kingdom,
And the power, and the glory,
Forever and ever. Amen.*

Our Lord is worthy to be praised; He is powerful to do all things; He will always be there for us.



Prayer: Lord, I surrender my life to Your will, and I trust You will provide all things I need. Help me to be humble and kind to others. Help me to accept forgiveness from You and to generously offer forgiveness to others. I give You my praise –

*Then sings my soul,
My Saviour God, to Thee,
How great Thou art!
How great Thou art!
Then sings my soul,
My Saviour God, to Thee,
How great Thou art!
AMEN*