

PRAYER CLASS

THE LORD'S PRAYER

Matthew 6:9-13 (NIV) *In this manner, therefore, pray: 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 forgive our debtors. And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.*

Matthew 6: 9-13, is typically known as the Lord's Prayer. Jesus was teaching His disciples on the principles of prayer and He gave them The Lord's Prayer as a model of how to pray. That doesn't mean we have to recite the exact words of the prayer but rather it teaches us to pray effectively.

Jesus spent much alone time in prayer and devotion with God the Father. He valued that relationship above any human connections. He made His prayer time a priority, and He woke up early each morning to get alone and pray. He spent hours and hours praying with the disciples and thousands of others, but His real strength and power flowed out of His intimate prayer times with the Father. In the same way, we need to develop strong and consistent devotional lives which will help us to overcome life's many challenges.

1 - *Our Father who is in heaven*

- When we pray, we pray to the Father as beloved children. When we pray to him, we are talking to our dad. As our dad He loves to spend time with us and even looks forward to those times. We are not begging a stranger in Heaven to help us, but rather we are running into the arms of a loving Father who knows our failures and weaknesses but fully loves and accepts us.
- Never run away from God or hide yourself from Him if you mess up, because His arms are always open wide.
- When we pray, we pray to the Father in the name or by the authority of Jesus.

Scripture Reference:

1 John 3:1 (NIV) *See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!*

2 - *Hallowed be your name*

By saying hallowed or holy be your name Jesus was emphasizing that when we come to God we should start off with praise. By saying Hallowed be your name, Jesus was bragging about His Father..... He was proclaiming that God is pure and righteous and perfect and the only one worthy to be praised.

When we praise the Lord, we are ushered into His presence

Scripture Reference

Psalms 100:4 (NLT) Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name.

3 - *Your kingdom come, your will be done, on earth as it is in heaven*

- This verse shows us that when we pray, we should ask according to God's will. In Heaven, everything is done according to God's. Jesus is instructing us to pray that God's purposes would be completed in the lives of people, in the Church, in the government, in our nation, around the World, etc.
- It's God's desire, for example, that people will come to Him and receive Jesus as Lord and savior. Therefore, when I pray for people who don't know Jesus, I pray for the person's salvation.
- I know from the Scripture that God's heart for the Church is that they would come together in unity and love, so when I pray for the Church, I ask God to help His children truly love and care for each other. I also pray there would be no more gossip, or hurtful words or dissensions in among Christians.
- The Bible reveals that God stands against violence, injustice and hatred. When I pray for my community, I ask God to eradicate those things and in their place I ask that peace, justice and respect would take their place.
- When I pray for the needs of anyone outside of my own, those are usually referred to as prayers of *intercession*

Scripture Reference:

1 Timothy 2:1 (NLT) *I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them.*

4 - Give us this day our daily bread

- God is to be thanked and praised as the ultimate source for meeting all of our personal needs. It is not being selfish or prideful to ask God for what we need and even desire.
- James 4:2 (NLT) states that: *you don't have what you want because you don't ask God for it.* God does things in our lives in response to prayer. It is not being prideful and you are not bothering God when you pray for yourself.
- Ask the Lord regularly for His blessings in your life. Pray over your financial, spiritual and emotional needs.
- You can also bring God your 'wants'. For example, you can pray for a promotion at work or a bigger apartment or house for you and your family. If you are single and desire a spouse, pray that God would bring just the right person into your life.
- Remember to always pray according to God's will. When you pray for a new job, for instance, ask God to give you the one that He has picked out for you. He knows what's best for us, as He can see what we can't. He sees our future, and the destiny He has planned for us.
- When we pray specifically for our own personal needs, those prayers are called prayers of supplication

Scripture References:

1 John 5:14 (NIV) *This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.*

Mark 11:24 (NIV) *Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.*

5 - *And forgive us our debts*

- Jesus is not speaking here of financial debts. Debts here refer to sin. Even though our sins were forgiven at the cross we still need to ask Him for forgiveness when we act or speak in a wrong way. When we hurt or offend our friends or family the right thing to do is to ask for forgiveness. It works the same with our Heavenly Father.
- We need to confess our sins directly to God and repent. To repent means to make a commitment to change my attitude and behavior.
- Even when you seem to struggle in a certain area keep coming back to God and asking forgiveness. He is so merciful that He shows us grace each time we try and fail. This does not apply to the rebellious who don't care how they live or how they grieve the heart of God, but yet confess their sins as a matter of religious ritual.

Scripture Reference:

1 John 1:9 (NLT) But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

6 – *And forgive us our debts, as we have also forgiven our debtors*

- God has forgiven us of our sins, and because of this we are enabled to readily forgive others when we are wronged. When we have been made right with God through the work of Jesus Christ, we learn the way of forgiveness.
- If God can show us forgiveness, we can begin to show forgiveness and mercy to others who don't deserve it. Reconciliation can begin to take place in all of our fractured and broken relationships.
- God commands us to forgive even those who have hurt us deeply. Forgiving a person does not mean we are justifying or condoning what was maliciously done to us. Rather we are giving the situation over to God to deal with, because He is the true Judge.
- Holding onto unforgiveness leads to bitterness which hinders the work God desires to do in and through us.
- Forgiving a person does not necessarily entail being around the offender again or offering them your trust. Rather, it is a heart issue.

Scripture References

Matthew 6:14-15 (NIV) *For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins*

Matthew 18: 21-22 (NIV) *Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times? "Jesus answered, "I tell you, not seven times, but seventy-seven times."*

7 - *And do not lead us into temptation, but deliver us from evil*

- This last part of the prayer involves asking God to help us walk through life in such a way that we not give into the temptations to sin that come from within us or from around us.

- Temptation can come from our own inner lusts or desire for revenge.
- Temptations can also come from people who try to draw us into their own wrongdoing. For example, an ex-girlfriend might contact you on Facebook and try to draw you back in even though you are married, or another person might try to draw you into getting angry and doing something you will regret.
- The idea is to pray that God would help us to live as overcomers, and not give into things that cause us to fail or fall away from God.

Scripture Reference:

1 Corinthians 10:13 (The Message Bible) *No test or temptation that comes your way is beyond the course of what others have had to face. All you need to remember is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it.*

8 – For yours is the kingdom and the power and the glory forever. Amen

The ultimate aim and goal of our lives is to glorify God and enjoy him forever. This verse reminds us that all praise, honor, and glory belong to God alone. Our purpose in both life and in death is to bring him glory in everything we do. Our prayers should reflect our willingness to honor, worship and serve God as our highest priority in all we do.

PRAYER TIME

End this session by praying through the Lords Prayer. Start with a short time of worship.