

Week of January 8-14

THE “MODEL” PRAYER

Scripture Reading: Read Matthew chapter 6

One of the struggles many believers have is with developing a consistent prayer life. For some, it's simply a matter of scheduling too many things in their daily schedule so they're too busy to pray. For others, it's failing to see prayer's importance. For many sincere believers, however, it's not knowing what and/or how to pray. How many of us know the feeling of praying our hearts out only to look at the clock and realize that after praying for everything we could think of it's only been two or three minutes! The thought of praying for an hour seems reserved for the spiritual elite.

The Lord's Prayer can be an effective tool in enhancing one's prayer life. Sadly, for too many believers, the Lord's Prayer is restricted to something they only quote. When we look at this prayer as a model for prayer, however, it can provide us with rich insight on how to pray.

Address: Our Father who art in heaven:

We approach God as our Father. We are his children by faith in Jesus Christ and we have the freedom to approach him as our Father.

Adoration: Hallowed be thy name:

We offer up worship and adoration, declaring God's glory and goodness. At this point, you could sing a song of worship, play a CD of praise, or read a psalm.

Submission/Guidance: Thy kingdom come, thy will be done, on earth as it is in heaven.

With this phrase, you could spend some time praying for God's will and direction in your life and, then, submit to what he shows you in his Word and through prayer.

Petition: Give us this day our daily bread

At this point, you may present your requests and petitions to the Father, for yourself, your family, your church, co-workers, neighbors, etc.

Confession: And forgive us our trespasses, as we forgive those who trespass against us

Spend time on this phrase asking the Lord to search your heart to show you areas where you have sinned against him, either by doing what he forbids or failing to do what he commands. Repent when he shows you. Also, as the Lord reveals to you, forgive those who have sinned against you

Protection/Deliverance: And lead us not into temptation, but deliver us from evil

Pray for God's protection over your life and for the way of escape when tempted. Ask him to tear down strongholds in your life that provide open doors to the enemy.

Praise: For thine is the kingdom, the power, and the glory, forever & ever, Amen.

Finish your prayer time as you began with praise for all that God has done for you.

Action Step & Prayer Focus:

Use the Lord's Prayer as a model in prayer today covering the areas of: Adoration, submission, petition, confession, deliverance and praise.

Take-a-way: *The Lord's Prayer, more than a prayer to quote...it's a model to follow.*