



## Life Practices

### Following the Way of Christ: Spiritual Disciplines that will Help you as You Pursue Christ

#### #8 The Spiritual Discipline of Prayer (Matthew 6:5-13)

##### Introduction

A word about Jesus' prayer life: He did so with \_\_\_\_\_ (Matt. 26:39) and with praise (Luke 10:21). He prayed alone (Mark 1:35) and He prayed with others ((Matt. 19:13). He prayed \_\_\_\_\_ (Luke 5:16) and He prayed with \_\_\_\_\_ (Luke 18:1).

A word about \_\_\_\_\_ in prayer: It does not matter! The Bible has examples of people standing (John 11:41), kneeling (II Chron. 6), sitting (II Sam. 7), and prostrate in prayer (Num. 16).

A word about How NOT to Pray: See Matt. 6:5-8  
Like the hypocrites, with ostentatious words, while babbling on with thoughtless prayer.

Matt. 6:9-13: It is a COMMAND! We are commanded to pray: "In this manner, therefore, be praying!"

There are seven petitions: the first three are focused on \_\_\_\_\_. The next four are focused on \_\_\_\_\_.

1. Hallowed be your name
2. Your kingdom come
3. Your will be done
  
4. Give us our daily bread
5. Forgive us
6. Lead us not into temptation
7. Deliver us from evil

##### Pray Like This!

Using "The Lord's Prayer," let's consider our focus in prayer:

**Focus #1** \_\_\_\_\_ - "Hallowed be your name" (vs. 9)

Hallowed: holy, sacred or venerated - "It means to be set apart from everything that is common or profane." God's glory should be in focus when we pray.

His name: an expression of His character

OT-Yahweh (Jehovah), Elohim, Adonai



NT: Immanuel, Abba, "I Am", Lord

**Focus #2** \_\_\_\_\_ (HIS or mine?) "Thy kingdom come, thy will be done." (vs. 10)

The Messiah was the anticipated HOPE of the OT. See Isa. 40:9-11  
There is an "already but not yet" principle at work. The kingdom began at the birth of Jesus. The ultimate victory was secured at the cross. And it will be fully put into place when Christ returns as King (Zech. 14:4).

**Focus #3** \_\_\_\_\_ "Give us this day our daily bread." (vs. 11)

Give us: "go on giving us day by day..."  
Daily: "enough for the day," the daily ration.  
Remember the story of MANNA (Ex. 16).

We are not self-sufficient (II Cor. 3:5). Dependence on the Lord is the key. (Consider Asa in II Chronicles 14-16). But we do have what we need (See I Cor. 4:7, Phil. 4:19).

"I am the Lord your God who brought you up out of Egypt. Open wide your mouth and I will fill it." Ps. 81:10

**Focus #4** \_\_\_\_\_ "Forgive us our debts as we forgive our debtors."  
(vs. 12)

NOTE THE "AND" - being sustained physically isn't enough. We also need forgiveness and deliverance from temptation.

\_\_\_\_\_ our sins were dealt with at the cross. The payment was made once for all (see Heb. 7:27, 10:10, 10:14).

\_\_\_\_\_ we need to pray regularly for the cleansing associated with our daily sin (see I John 1:9)

We were forgiven \_\_\_\_\_. We need to keep going and run our race (see Heb. 12:1).

Forgiveness of others is not an option. We are to forgive in the same manner as Christ forgave us. See Col. 3:13.



**Focus #5** \_\_\_\_\_ - And lead us not into temptation but deliver us from the evil one” (vs. 13)

We are asking the lord to strengthen us so we can be victorious in our battle (see Eph. 6:12) with our extremely dangerous and powerful enemy, Satan (I Peter 5:8-9).

We need to be mindful of our weaknesses and the \_\_\_\_\_ that trip us up (see Heb. 12:1).

Prayer needs to be our first defense. “Let us therefore come boldly unto the throne of grace that we may obtain mercy and find grace to help in time of need.” Heb. 4:16

Keep in mind that “blessed is the man that endures temptation, for when he is tried, he shall receive the crown of life.” James 1:12

### **So....Don't just learn about prayer. Do it!**

For the “beginner:” Choose \_\_\_\_\_ and \_\_\_\_\_. Make an appointment with the Lord. Develop an attitude of perseverance. Don't get discouraged if you miss a day or two. Start again! Establish a system of accountability.

For the “seasoned saint:” Mix it up. Try something new. Try writing out your prayers. Keep a prayer journal. Learn how to pray scripture back to the Lord (see Col. 1:9-12, Eph. 1:17-20 and Phil. 4:4-8). Practice praying with your eyes open.

### **A Resource to Consider:**

Here are some prayer models that might help you “stay on track” with your prayer time.

#### **ACTS**

A: Adoration  
C: Confession  
T: Thanksgiving  
S: Supplications

#### **HEART**

H: Honor God with praise  
E: Examine your life  
A: Ask for Help  
R: Request for others  
T: Thank God



## **PRAY**

P: Praise

R: Repent

A: Ask

Y: Yield

### **For the Over Achiever**

1. Memorize I Thess. 5:16-18

2. Keep an active Prayer List for Two Weeks. Then reflect on its helpfulness.

