

"The Lord's Prayer," Matthew 6:9-13

# HOW JESUS SAID TO PRAY

Use your own words to write a prayer using the concepts on the left and the insights on the right

**OUR FATHER IN  
HEAVEN,  
HALLOWED BE  
YOUR NAME**

## Talk to God as a (good) Dad.

Begin by acknowledging God as "Father," confident He will listen because of your permanent family relationship. Kids imitate parents in all aspects of life, so tell your heavenly Dad how you want to imitate His character and ways which are "hallowed:" set apart as holy.

**YOUR KINGDOM  
COME,  
YOUR WILL BE  
DONE ON EARTH  
AS IT IS IN  
HEAVEN.**

## God, come here now!

You can call for the defeat of evil and the spread of God's reign over more territory. What realm of life do you want to see Him overtake? Congress? Social media? Your team? Your kids class? This is a request for God to break-in and run the show.

**GIVE US TODAY  
OUR DAILY  
BREAD**

## Tell God what you need today.

Our needs have a place but aren't the focus of our prayers. Asking for what we need *today* also trusts God for tomorrow. Today, consider your calendar, the people you'll see, the priorities you have, etc. and ask him for enough physically, intellectually, relationally, financially and spiritually. Be specific!

**AND FORGIVE  
US OUR DEBTS,  
AS WE ALSO  
HAVE FORGIVEN  
OUR DEBTORS.**

## Put forgiveness front-of-mind.

Calling God '*Father*' is only possible because of His forgiveness: you're completely accepted! If you depend on God's generous, continual forgiveness for yourself, then he demands you offer that freely to others. No hypocrites! It's okay to struggle with this: I ask him to help my heart and mind accept the forgiveness I speak!

**AND LEAD US  
NOT INTO  
TEMPTATION,  
BUT DELIVER US  
FROM THE EVIL  
ONE.**

## You need help with the enemy.

Evil and darkness followed Jesus around, and they will follow you, too. Ask God to help at the times/places you are tempted to put yourself into enemy hands. Ask him to free you where you're already captive. Bitterness? Slave to the gym? Overwhelming anxiety? *#thestruggleisreal* but the Lord is stronger and offers ways out.