

## Praying the Lord's Prayer

### Matt 6:9-13

9 "This, then, is how you should pray:

"Our Father in heaven,  
hallowed be your name,  
10 your kingdom come,  
your will be done  
on earth as it is in heaven.  
11 Give us today our daily bread.  
12 Forgive us our debts,  
as we also have forgiven our debtors.  
13 And lead us not into temptation,  
but deliver us from the evil one.'

Jesus gave us a template of how to pray in Matt 6:9-13, Jesus was not saying that we should only pray the exact words of the Lord's prayer every time we pray, rather, He was saying: 'This is an example of a good way to pray, and this is an example of good topics to pray.' One of the most helpful exercises we can engage in as we are learning to pray is to take the Lord's prayer and pray through it, verse by verse. Here is an example of how to do that.

'Our Father in heaven,  
hallowed be your name,

- Take 10 minutes to worship God for who He is. Choose one or more of the following ways to do that, or, think of your own way.
  - Think of all the good things that have happened in your life and begin to thank Him for them one by one. Then think of all the difficult things that have happened and thank Him that He will cause good to come from them. Think of all the people who have blessed you in anyway and thank God for bringing them into your life. We enter his courts with thanksgiving and we are instructed in the bible to give thanks in all circumstances. (Ps 100:4; 1 Thess 5:18)
  - Take the Hebrew and Greek names of God (see appendix for a comprehensive list) one by one and worship Him through each one. Example:
    - Lord, You are Jehovah Jireh – The Lord my provider – I thank you that you have provided all my needs in Christ Jesus (list them), I worship you that you will always provide for me. You have promised that you would clothe me and provide for me even better than Solomon. I thank you that I am more valuable to You than the flowers of the field and the birds of the air and therefore you will take care of me and provide for me even better than You do for them. I worship You for the intimate care You take of Your children, for Your never ending love, and for your enormous power that enables You to provide for me.

- Find a Psalm that extols the greatness of God and read it out loud. Take the Psalm verse by verse, think about the greatness of God that each verse is highlighting and in Your own words speak to God the awe and majesty that you feel toward Him as you read.
- Play some praise and worship music and worship along with the CD

your kingdom come,  
 your will be done  
 on earth as it is in heaven.

- Take 10 minutes to pray for God's Kingdom to come on earth. Again take one or more of the following points and pray them as you can.
  - Think of your neighbourhood, workplace, university, church, school and/or family. Think of what it would look like if God's will were completely done in there. Begin to pray for the will of God to be done in one or more of these areas.
  - Think of the people who are close to you begin to pray for them. Pray for God's will to be done in their lives. Think of all the needs they have and ask God to provide those. Think of all the ways that God could possibly want to bless them and pray for those blessings of God to come upon them.
  - Take a newspaper or current affairs magazine or remember the last TV news program you watched. Pray for the different news reports that stand out to you. Pray for God's Kingdom to come and for His will to be done in the different areas that you pray through. Pray for the people that are involved in the stories, pray for their salvation, protection, change of heart or provision for them.
  - Make a list of all the people that you know who are unsaved. Pray for their salvation one by one. Ask God to send people daily into their lives to witness to them. Ask God for opportunities for you to witness to them. Pray for their protection while they are coming to know the Lord. Pray for God to reveal the truth of Jesus Christ to them, to convict them of their sinfulness and to bring them to a place of repentance and salvation.

Give us today our daily bread.

- Take 10 minutes to pray for your daily needs. You may want to use one or more of the following ideas.
  - Bring all your needs before the Lord and ask Him to provide them. Also ask that He would purify your motives with respect to the things that you are asking for so that you would be asking for the right reasons. Confess and repent of areas where you have been fearful or anxious.
  - Share with God the way you are feeling about any difficult situation you are facing. Ask God to help you in that situation and to heal your heart where necessary.

- Pray for those in authority over you. Pray for their ability to lead well and to do what is right with respect to the people they are leading.

Forgive us our debts,  
as we also have forgiven our debtors.

- Take 10 minutes to pray for forgiveness and restoration
  - Ask God to remind you of anyone that you have not forgiven. Take time to forgive them and pray for God to heal, cleanse and bless them.
  - Ask God to show you any areas where you have sinned or have been deceived. Resist condemnation when he shows you these areas, instead repent of them and ask God to restore these areas and ask God for the grace to change. Take note of any scriptures He brings to mind or of any ways that come to mind as to how you can improve. This is God helping you to walk out of the sinful or destructive behaviour. Meditate on the scriptures where appropriate and write down your observation, also write down any action steps you need to take in order to change. Determine to tell someone you trust about these steps and remind yourself of them daily.

And lead us not into temptation,  
but deliver us from the evil one.'

- Take 10 minutes to pray for protection and deliverance from evil.
- Pray and ask God to protect you from temptation listing the areas that you feel vulnerable,
- Think of all the positive attributes that you would like to have in your life ask God to lead you in such a way that these become a part of your life.
- Pray for your loved ones in the same manner that you have prayed for yourself.

Take 10 minutes to ask God to speak to you. Write down what you feel that the Lord is saying to you.

- Remember that whatever you sense God saying to you should not contradict scripture.
- Always ask for confirmation from the bible and from those in authority in your life eg connect group leader.

## **Appendix**

**Names of God – Taken from article, ‘Names of God’ [www.bible.org](http://www.bible.org)**

# Overview of the Names of God in Scripture

(1) **Elohim**: The plural form of *EL*, meaning “strong one.” It is used of false gods, but when used of the true God, it is a plural of majesty and intimates the trinity. It is especially used of God’s sovereignty, creative work, mighty work for Israel and in relation to His sovereignty ([Isa. 54:5](#); [Jer. 32:27](#); [Gen. 1:1](#); [Isa. 45:18](#); [Deut. 5:23](#); [8:15](#); [Ps. 68:7](#)).

Compounds of *El*:

- **El Shaddai**: “God Almighty.” The derivation is uncertain. Some think it stresses God’s loving supply and comfort; others His power as the Almighty one standing on a mountain and who corrects and chastens ([Gen. 17:1](#); [28:3](#); [35:11](#); Ex. 6:31; [Ps. 91:1, 2](#)).
- **El Elyon**: “The Most High God.” Stresses God’s strength, sovereignty, and supremacy ([Gen. 14:19](#); [Ps. 9:2](#); [Dan. 7:18, 22, 25](#)).
- **El Olam**: “The Everlasting God.” Emphasizes God’s unchangeableness and is connected with His inexhaustibility ([Gen. 16:13](#)).

(2) **Yahweh (YHWH)**: Comes from a verb which means “to exist, be.” This, plus its usage, shows that this name stresses God as the independent and self-existent God of revelation and redemption ([Gen. 4:3](#); Ex. 6:3 (cf. 3:14); 3:12).

Compounds of *Yahweh*: Strictly speaking, these compounds are designations or titles which reveal additional facts about God’s character.

- **Yahweh Jireh (Yireh)**: “The Lord will provide.” Stresses God’s provision for His people ([Gen. 22:14](#)).
- **Yahweh Nissi**: “The Lord is my Banner.” Stresses that God is our rallying point and our means of victory; the one who fights for His people (Ex. 17:15).
- **Yahweh Shalom**: “The Lord is Peace.” Points to the Lord as the means of our peace and rest ([Jud. 6:24](#)).
- **Yahweh Sabaoth**: “The Lord of Hosts.” A military figure portraying the Lord as the commander of the armies of heaven ([1 Sam. 1:3](#); [17:45](#)).
- **Yahweh Maccaddeshcem**: “The Lord your Sanctifier.” Portrays the Lord as our means of sanctification or as the one who sets believers apart for His purposes (Ex. 31:13).
- **Yahweh Ro’i**: “The Lord my Shepherd.” Portrays the Lord as the Shepherd who cares for His people as a shepherd cares for the sheep of his pasture ([Ps. 23:1](#)).
- **Yahweh Tsidkenu**: “The Lord our Righteousness.” Portrays the Lord as the means of our righteousness ([Jer. 23:6](#)).
- **Yahweh Shammah**: “The Lord is there.” Portrays the Lord’s personal presence in the millennial kingdom ([Ezek. 48:35](#)).

- ***Yahweh Elohim Israel:*** “The Lord, the God of Israel.” Identifies Yahweh as the God of Israel in contrast to the false gods of the nations ([Jud. 5:3](#); [Isa. 17:6](#)).

(3) ***Adonai:*** Like *Elohim*, this too is a plural of majesty. The singular form means “master, owner.” Stresses man’s relationship to God as his master, authority, and provider ([Gen. 18:2](#); [40:1](#); [1 Sam. 1:15](#); Ex. 21:1-6; [Josh. 5:14](#)).

(4) ***Theos:*** Greek word translated “God.” Primary name for God used in the New Testament. Its use teaches: (1) *He is the only true God* ([Matt. 23:9](#); [Rom. 3:30](#)); (2) *He is unique* ([1 Tim. 1:17](#); [John 17:3](#); [Rev. 15:4](#); [16:27](#)); (3) *He is transcendent* ([Acts 17:24](#); [Heb. 3:4](#); [Rev. 10:6](#)); (4) *He is the Savior* ([John 3:16](#); [1 Tim. 1:1](#); [2:3](#); [4:10](#)). This name is used of Christ as God in [John 1:1, 18](#); [20:28](#); [1 John 5:20](#); [Tit. 2:13](#); [Rom. 9:5](#); [Heb. 1:8](#); [2 Pet. 1:1](#).

(5) ***Kurios:*** Greek word translated “Lord.” Stresses authority and supremacy. While it can mean sir ([John 4:11](#)), owner ([Luke 19:33](#)), master ([Col. 3:22](#)), or even refer to idols ([1 Cor. 8:5](#)) or husbands ([1 Pet. 3:6](#)), it is used mostly as the equivalent of *Yahweh* of the Old Testament. It too is used of Jesus Christ meaning (1) Rabbi or Sir ([Matt. 8:6](#)); (2) God or Deity ([John 20:28](#); [Acts 2:36](#); [Rom. 10:9](#); [Phil. 2:11](#)).

(6) ***Despotes:*** Greek word translated “Master.” Carries the idea of ownership while *kurios* stressed supreme authority ([Luke 2:29](#); [Acts 4:24](#); [Rev. 6:10](#); [2 Pet. 2:1](#); [Jude 4](#)).

(7) ***Father:*** A distinctive New Testament revelation is that through faith in Christ, God becomes our personal Father. Father is used of God in the Old Testament only 15 times while it is used of God 245 times in the New Testament. As a name of God, it stresses God’s loving care, provision, discipline, and the way we are to address God in prayer ([Matt. 7:11](#); [Jam. 1:17](#); [Heb. 12:5-11](#); [John 15:16](#); [16:23](#); [Eph. 2:18](#); [3:15](#); [1 Thess. 3:11](#)).