

# Praying the Lord's Prayer – A Practical Prayer Guide

Matthew 6:9-13 (KJV) *Our Father which art in heaven, Hallowed be thy name.*

<sup>10</sup> *Thy kingdom come, Thy will be done in earth, as it is in heaven.*

<sup>11</sup> *Give us this day our daily bread.*

<sup>12</sup> *And forgive us our debts, as we forgive our debtors.*

<sup>13</sup> *And lead us not into temptation, but deliver us from evil:*

*(For thine is the kingdom, and the power, and the glory, for ever and ever.) Amen.*

**“Our Father...”** – Affirming the relationship. In this phrase we remind ourselves of God being the Father and our position as His children.

PRAYER STEP: Tell God how much you love him and thank him for saving, adopting and loving you.

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**“...which art in heaven...”** – Transitioning our focus from the earthly to the eternal. There are many burdens and concerns which can distract us from focusing on the eternal nature of God.

PRAYER STEP: Tell God about those burdens and concerns which may distract you from focusing on Him during this prayer time.

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**“...Hallowed be thy name.”** – An opportunity to Praise and Worship. Hallowed speaks of God’s holiness, sacredness, perfection and glory.

PRAYER STEP: Worship God for who He is and praise Him for what He has done for you.

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**“Thy kingdom come, Thy will be done in earth, as it is in heaven.”** – A prayer of surrender. Jesus modeled this when he prayed *“Not my will but your will be done.”*

PRAYER STEP: Ask God for help to let go of building your own kingdom and idols to seek His kingdom and will for your life.

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***“Give us this day our daily bread.”*** – Praying for your needs. God is listening when we pray and he cares about our concerns.

**PRAYER STEP:** Ask God to provide and help with your needs, trusting in His will and plan.

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***“And forgive us our debts, as we forgive our debtors.”*** – Time for confession, repentance and evaluating relationships.

**PRAYER STEP:** Is there unconfessed sin in your life? Are there relationships that need healing? Talk to God about those struggles. Trust that you are forgiven fully and completely.

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***“And lead us not into temptation, but deliver us from evil”*** – Our struggle with sin is very real and it is spiritual.

**PRAYER STEP:** Ask the Holy Spirit to help you resist temptation, to turn from evil and gravitate towards God.

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***“For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.”***

– Closing in praise and worship. Glorify and magnify His name!

**PRAYER STEP:** End your prayer time worshipping God. Thank Him for listening and acting on your behalf.

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**EXTRA NOTES:**

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