



Using the Lord's *Prayer*

Scan here for a video on
how to use this guide:



Our Father

- Take some time to remember who God is
- Remember in particular your relationship to him as Father
- Come as you are, just sit and enjoy His presence
- Glory in His love, and in your adoption in Christ
- Remember how much He desires you to know Him
- Remember His promise in Christ to always work for your good (Romans 8:28, Jeremiah 32:40)

Who is in the heavens

- Dwell on God's sovereignty
- He dwells in ALL the heavens and sustains all things by His powerful word (Hebrew 1:3)
- In Him we live and move and have our being (Acts 17:28)
- He sees and knows all
- Recall to mind God's mighty works in the Scriptures
- Remember all that God has done so far to bring you here today

Hallowed be your name

- Aim to say "hallowed be your name" even once from the depth of your heart this morning
- Simply tell God how awesome He is! Use worship music if that helps
- Thank Him for all He has given you and all He's done for you

Your kingdom come

- Declare in your heart that Jesus is Lord
- Remind yourself what God desires and what His rule looks like (1 Cor 13, James 3:13-18, Galatians 5:16-26, Matthew 5:1-12)
- Go through each part of your life and re-surrender it to God's rule, even if it's 'going well' in that part of your life (eg. Work, family, friendships, sexuality, time, possessions, ministry, health)
- Ask God specifically what He wants to do in your life today
- Also pray for God's kingdom in the world and church

Your will be done, on earth, as it is in heaven

- Bring all your current decisions before God today
- If you need guidance for decisions, ask that God makes his will known
- Ask God to help you identify where you've been resisting His will

Give us this day our daily bread

- Having already re-submitted to God and prayed for His Kingdom to come, ask Him for all that you think you will need to be able to live for him today: personally, emotionally and spiritually (eg. ask for the Holy Spirit, ask for encouragement, ask for wisdom, ask for faith, ask to see him at work, ask for joy, etc.)
- Practically and materially - Do you need money, food, safety, healing, guidance, etc.?
- Pray for others and wider situations

And forgive us our debts, as we also have forgiven our debtors

- Bring yesterday (and this morning) before God, asking His Spirit to highlight things to confess
- Bring all of these things to the cross
- Sense in your spirit if you are angry, hurt, frustrated or judgmental of anyone at the moment
- Identify why and choose to forgive
- Pray for blessing on that person today

And lead us not into temptation, but deliver us from evil

- Bring before God your most common character flaws and strongholds
- Identify where you may be specifically challenged today and ask for help
- Generally ask for the protection of the Holy Spirit and God's angels for the day

For the kingdom, the power, and the glory are yours, now and forever.

- End with praise and thanks
- Ask for the indwelling of the Holy Spirit to live to His Glory today