



SESSION 4: HOW DO I PRAY?

Matthew 6:5-13 (NIV) "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. This then, is how you should pray:

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

1. Start with Worship (Praise)

"Our Father in heaven" - Father, I praise you today, You are a good God. You protect me. You keep me from the evil one. You are my strength. You created everything and deserve all praise. Your ways are perfect- far better than mine, and your thoughts are better than mine. You are such a loving Father- Thank you for loving me. Today, I start my day by praising you.

2. Tell Him Who He Is (Declarations)

"Your name be holy" (hallowed be your name) - God, you are holy. Your name is far above any other name. Today, I give all that I am to you. You are the King of my life. I give you complete control of my heart. Get rid of anything that is taking my focus off you.

"Your kingdom come" - You are my King. Let me walk in your presence today. You are with me and you have given me authority to encourage others in trouble, help the hurting, and bring your freedom. Let me see people the way that you see them. Help me to love people like you do.

"Your will be done" - Have your way in my life. I don't have what it takes to lead my own life. So, I step down off the throne of my heart and ask that you would lead me. You are my promotion, provision, and protection. Tell me what to say, and I'll say it. Tell me what to do, and I'll do it. Lead me today.

3. Ask Him for What You Need (Requests)

"Give me daily bread" - I ask that you would provide for my needs. The Bible tells me that you will take care of everything that I need. You know all that I need today and I trust you to supply those things to me.

"Forgive my sins as I forgive others" - I ask that you would forgive me of my sins. Look inside my heart. If there is anything that isn't pleasing to you, show it to me. I ask that you would forgive me of my sins. I want my heart to be clean in your sight today. Help me to forgive others like you have forgiven me.

"Keep me from evil" - I ask that you would help me to stay away from temptation. Teach me to seek you when temptation arises. You have provided a way out for me. Take every bad thought that I have and change it to thoughts of you. Protect my heart, my mind, and my family from the enemy and his plans to kill, steal, and destroy.

4. End with Worship (Praise)

You are God. You are seated on your throne. I choose to serve you today. Every breath that I breathe is from you. I will live my life to please you today. This day belongs to you. I love you, Lord.

In Jesus Name, Amen.

DISCUSSION

1. How will this affect your life?
2. How will this be challenging?

GROW WITH GOD

Memorize this scripture this week:

1 Peter 5:7 (NIV) "Cast all your anxiety on Him because He cares for you."

MY NEXT STEP

Practice Praying! Every morning this week, pray the way that Jesus taught us in Matthew 6. Tip: a great way to practice is to read the lesson as a prayer.

This week, take 5 minutes, 5 times and S.O.A.P. these 5 verses:

VERSES TO S.O.A.P.	DAY + TIME <small>THAT I'M GOING TO DO IT</small>
James 1:13-14	
James 2:14-17	
James 3:13-16	
James 4:7-8	
James 5:16	

Let's do this again!

Date: _____ Time: _____ Place: _____