

Week 2: Pray the Lord's Prayer

Most of us think of prayer as bringing a list of needs to God. But when Jesus teaches us to pray, He starts somewhere very different. Before He ever tells us what to ask for, He shows us who we're talking to.

The Lord's Prayer is not just words to repeat, it's a guide. It gives us a simple way to approach God, beginning with relationship, moving through worship and surrender, and then into our requests. As you walk through this practice, don't rush. Take your time with each line. Let it shape what you say and how you say it. You don't need perfect words, just bring your attention and be honest.

Use this as a framework to help you begin:

"Our Father"

Think about God as your loving Father, one who has good and kind intentions toward you. Take a moment to become aware that He is with you and attentive to you.

"In heaven"

Become aware that God is present with you right now. Slow your breathing and let that reality settle in. As you breathe, remember that God is near and present with you.

"Hallowed be your name"

Sit with your Father in worship. You might sit in silence, sing a simple chorus, or name things you're grateful for. Praise God for who He is. Let yourself be still before Him.

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

Let God's heart begin to shape your prayers. Pray for your life, your relationships, your church, and your city. Ask God to bring His will into specific places. A simple prayer like, "Your will be done in _____," is a great place to start.

"Give us each day our daily bread"

Bring your needs to God. Ask Him for provision, healing, wisdom, and help. Think through the areas of your life where you need Him, physical, relational, emotional, or spiritual, and invite Him into those places.

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

Take a few moments to ask God for forgiveness in specific areas of your life. Ask the Spirit to reveal anything you need to bring before Him. Then ask for help to forgive those who have hurt you, releasing them to God.

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

Ask God for strength to resist temptation and to walk in His ways. Invite Him to guard your heart and lead you away from what pulls you from Him.

Think about the ways temptation shows up in your life:

- The World: its values, distractions, and pressures
- The Flesh: pride, self-centeredness, and desire
- The Devil: lies, accusation, and deception

Ask God to lead you, protect you, and fill your life with His goodness.