



A Strategy for Personal Prayer

Prayer is ultimately just talking with God, both expressing to Him what is on your mind and heart as well as pausing to let Him speak back to your heart.

In Matthew 6, Jesus' gave His followers clear instructions for how to effectively pray every day. He gave them what we now refer to as "The Lord's Prayer," which can be used as a helpful outline, not a rigid ritual, for personal prayer.

A helpful outline (adapted from Jesus' prayer in Matthew 6):

Start with praise and thanks

Verse 9 - "Pray like this: Our Father in heaven, may your name be kept holy."

Ask for, and surrender to, His will for you and others

Verse 10 - "May your Kingdom come soon. May your will be done on earth, as it is in heaven."

Ask God daily to provide for your needs (it's ok to be specific)

Verse 11 - "Give us today, our daily bread (provision),"

Ask God to help you forgive (forgive if anyone comes to mind)

Verse 12 - "and forgive us our sins, as we forgive those who sin against us."

Ask God for spiritual strength and protection

Verse 13 - "And do not let us yield to temptation, but deliver us from the evil one."

As you take time each day, even a few minutes, to stop, pause and pray, you will begin to see God answer prayer and give you His peace.

So take the "7 Day Test" and watch what happens in your life!

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday



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