

## 7-Day Prayer Guide "Teach Us To Pray" (Matthew 6:9-13 ESV)

To help deepen your understanding and to enrich your personal prayer life.  
Each day begin with **Adoration and Worship** and conclude with **Praise**.

### Day 1 – "Our Father in heaven. Hallowed be Your name." **Type of Prayer: Adoration & Worship**

Explanation: Begin by acknowledging God's holiness, sovereignty, and love. Recognize that He is your Father, who is close and majestic. Commit to reflecting His Holiness.

Prayer: "Heavenly Father, I come before You with reverence and awe, acknowledging Your greatness and love. You are my Father, and I praise You for Your goodness and mercy. Lord, Your name is holy and worthy of all my worship. Help me to live in a way that brings honor to Your name. May Your glory be known in all the earth. Lord, I worship and exalt Your holy name. May Your name be honored in my life and in the lives of those around me. Let my actions bring glory to You."

### Day 2 – "Your kingdom come." **Type of Prayer: Intercession**

Explanation: Pray for God's rule and reign to be established in your life, in your community, and throughout the world. This is also a prayer for the return of Christ and the fulfillment of God's promises.

Prayer: "Father, I pray for Your kingdom to come and Your will to be done on earth as it is in heaven. Let Your rule be evident in my life, and may Your justice and peace prevail in the world."

### Day 3 – "Your will be done, on earth as it is in heaven." **Type of Prayer: Submission**

Explanation: Surrender your desires and plans to God's perfect will. Ask for the grace to accept and follow His plans for your life.

Prayer: "Lord, I surrender my will to Yours. Help me to trust in Your perfect plan and to align my desires with Your will. May Your purposes be fulfilled in my life and in the world around me."

### Day 4 – "Give us this day our daily bread." **Type of Prayer: Petition**

Explanation: Bring your daily needs before God, trusting Him to provide for your spiritual, emotional, and physical sustenance.

Prayer: "Father, I ask for Your provision today. You know my needs before I even speak them. Provide for me and my loved ones and help us to trust in Your faithfulness."

### Day 5 – "And forgive us our debts, as we also have forgiven our debtors." **Type of Prayer: Confession & Forgiveness**

Explanation: Confess your sins and seek God's forgiveness. Also, ask for the strength to forgive others who have wronged you.

Prayer: "Lord, I confess my sins before You and ask for Your forgiveness. Help me to forgive others as You have forgiven me. Release me from any bitterness or unforgiveness in my heart, heal and restore broken relationships with Your grace."

### Day 6 – "And lead us not into temptation." **Type of Prayer: Guidance**

Explanation: Ask God to guide you away from situations that might lead you into sin or spiritual harm. Seek His protection and discernment.

Prayer: "Father, guide my steps today and keep me from situations that would lead me away from You. Give me the wisdom to recognize and resist temptation."

### Day 7 – "But deliver us from evil." **Type of Prayer: Deliverance**

Explanation: Pray for protection against evil forces, both seen and unseen. Ask God to deliver you from harm and keep you safe in His care.

Prayer: "Lord, protect me from all forms of evil. Keep me safe from harm and deliver me from any attacks of the enemy. Surround me with Your peace and strength."

### Conclude – "You are the kingdom (reign) and power and glory forever, Amen." **Type of Prayer: Praise**

Explanation: Conclude each day prayer by praising God for His eternal kingdom, His power, and His glory. Acknowledge His supremacy over all things.

Prayer: "Heavenly Father, I praise You for Your eternal kingdom, Your unmatched power, and Your glorious name. You are worthy of all praise, now and forever." AMEN