



I. Prayer (Text: Matthew 6:5-15)

The following is an outline developed from the book of Matthew. In this text Jesus takes time to teach his disciples how to pray. The following outline is a breakdown of the Lord's prayer into a framework to build a conversation time with the Lord. Follow along the outline and take time to read the Bible references provided and spend some time talking to the Lord. I have found the best way to get started in prayer is to find a solitary place for yourself and focus on the Lord without distractions.

A. "Our Father in Heaven, your name be honored as holy"

1. Prayer is relational and should be entered into in an attitude of worship.

a) He is our Heavenly Father. We have been provided a relationship with Him through his Son Jesus Christ.

(1) Read Romans 8:15-17

2. Worship by honoring God's holy name:

a) *Enter into His presence with Thanksgiving (Psalm 100:4-5)*

b) *Take time to worship The Lord for who He is. He has revealed himself in his name. (Proverbs 18:10)*

(1) The Lord our Righteousness (Jerimiah 23:6)

(2) The Lord who Sanctifies (Exodus 31:13)

(3) The Lord is Peace (Judges 6:23-24)

(4) The Lord Heals (Exodus 15:26)

(5) The Lord will Provide (Genesis 22:14)

(6) The Lord is my Banner (Exodus 17:15)

(7) The Lord is my Shepherd (Psalm 23)

B. "Your Kingdom Come, Your Will be Done on Earth as it is in Heaven"

1. Prayer is the opportunity to ask God to establish His kingdom in your life, your family, your church, your work and community, your city, your state and country asking for it to be aligned to God's will just as it is in heaven.

a) *Talk to God about yourself and take time to listen to what he wants to talk to you regarding your life. (I highly recommend praying with your Bible readily available as the Holy Spirit may direct you to His Word)*



- b) *Talk to God about your family including your spouse, children, and other extended family members*
- c) *Talk to the Lord about your work and the people you work with*
- d) *Talk to the Lord about your city, state, and country*

C. “Give us Today our Daily Bread”

1. Ask Father God for the things you need for the day (Luke 11:5-13).
 - a) *Seek from the Lord wisdom for the day and to be filled with His Holy Spirit.*
 - b) *Ask the Lord to provide guidance and direction for your day.*
 - c) *Be specific and set before the Lord your needs with a respectful tenacious focus knowing that your Heavenly Father is your provider.*
 - d) *Ask the Lord how you can be a part of His provision to others.*

D. “Forgive us our debts, as we also have forgiven our debtors”

1. Ask the Lord to forgive you of your wrongdoing (sin)
2. Forgive those who have wronged (sinned against) you.
 - a) *In verses 14 and 15 that follow the Lord’s prayer Jesus tells his disciples, “For if you forgive others their offenses, your Heavenly Father will forgive you as well. But if you don’t forgive others, your Heavenly Father will not forgive your offenses.”*

(1) This teaching of Jesus is one of the basic tenets of the Christian faith. It also is an area that presents difficulties in relation to what we think is right and wrong and holding others accountable for the wrongs they have caused us. You don’t have to live long on this earth to be wronged, injured, or harmed by someone else in this life, and the desire to exact retribution or punishment runs strong in us. But God understands this and shows us a better way to deal with sin in our lives.

You see we are all guilty of sinning against others as well as against God. God through Jesus His Son has provided a way of forgiveness and release. God Offers complete freedom from the wrong we have done; He only asks that we do the same to others. Jesus explains this in a parable when Peter asked Jesus about forgiving others. Take a moment to read Matthew 18:21-35.

If we hold grudges and unforgiveness we actually are holding onto bitterness and resentment. Through this we close ourselves to receiving forgiveness and love. God wants us to let it go because He knows it will self-imprison us and ultimately kill us if left unreleased. God has forgiven us so much, find release and live in Jesus’ way and forgive those who have sinned against you. You will discover true freedom.



E. “Do not bring us into temptation, but deliver us from the evil one.”

1. The idea of this phrase is to ask the Lord to not let us be overcome with temptation or do not let our faith to be tested beyond what it can bear.

2. This also brings us to the area of spiritual warfare. Ask the Lord for protection from evil. Take some time to put on the spiritual armor God provides. Read Ephesians 6:10-18.

a) *The idea here is to take time to put on Jesus and put off ourselves, The Lord wants us to put on His armor so that we can stand in the trials we may be facing.*

(1) Put on the belt of truth

(2) Put on the chest armor of righteousness

(3) Put on the shoes of readiness that comes from the good news of peace

(4) Take up the shield of faith

(5) Put on the helmet of salvation

(6) Take up the sword of the Spirit which is the Word of God

(7) Pray – Make the Lord your refuge a strong fortress (Psalm 18)

b) *I don't want you to be unaware. Because you have chosen to follow Jesus, you have an enemy that wants to pull you away from the Lord and the joy and peace Jesus gives. He is the old serpent the devil that has been robbing and killing humankind since the beginning. You don't have to put up with that anymore. The Lord and the Kingdom of God is your inheritance now, don't let anyone or anything take it from you.*

I hope this study outline provided you an opportunity and framework to spend time with Jesus. As you finish your prayer time with the Lord return to a time of worship and thanks for God's great love, for His is the kingdom and the power and the glory forever!