

JESUS TEACHES HIS DISCIPLES HOW TO PRAY

Quote:

After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

Matthew 6:9-13

Making Prayer Powerful

1. Make prayer a habit - **Daniel 6:10; Psalm 55:17.**
2. God and His Purpose should come first as demonstrated in **Matthew 6:9-15** (Colour the following Blue: **“father”**, **“thy”** - v9; **“thy”** - 2x - v10; **“thine”** - v13 - shows God first and last. Then colour the following green: **“us”**, **“our”** - v11; **“us our”**, **“our”** - v12; **“us”** - 2x - v13).
3. Five Key Aspects of Prayer:
 - i. Giving praise - **1 Chronicles 29:10-13**
 - ii. Seeking help - **Nehemiah 1:5-11; 2:4**
 - iii. Acknowledging sin - **Psalm 51**
 - iv. Showing care & thoughtfulness for others - **Luke 22:31-32**
 - v. Offering of thanks - **Daniel 2:23; John 11:41**
4. How often should we pray:

Often - **“always”** (**Lk 18:1**) - means ‘On all occasions’ (Vine).
“Pray without ceasing.” (**1 Thes 5:17**) Means ‘without the omission of any occasion’ (Vine).
 Morning noonday and evening (**Psa 55:17**). Each has a special emphasis:

 - i. Morning Prayer: Emphasis: Praise, Thanks and Petition - With joyful thanks for a fresh start (**Psa 30:5**), seeking energy and a new beginning (**Lam 3:22**), seeking God’s help with the challenges of the coming day (both known and unknown) (**Isa 50:4**).
 - ii. Noonday Prayer: When the sun is at it’s zenith (typical of the burning heat of pressure - **Jas 1:11**), when strength is depleted (**Song 1:7; 2 Sam 4:5**). There is a need for prayer amidst the intensity of daily toil.
 Emphasis: Remembrance, Thanks and Elevation - A prayer of appreciation for strength and blessings granted, and seeking God to elevate our spirits in the things of the truth to faithful endure the pressures of the the day.
 - iii. Evening Prayer: When the sun has set and the heat has gone out of it, and the work of the day is at an end (**Psa 104:23**) when the time of opportunity has ended, and there is time for reflection, prayer and meditation. We realise that again we have come short of the glory of God (**Rom 3:23**).
 Emphasis: Thankfulness (for God’s care during the pressures of the day), Reflection (on our own efforts), Confession (of sins committed) and Seeking Forgiveness - **Psa 32:3-5; Prov 28:13**.
5. How to approach the Father in Prayer:
 - i. Prepare for prayer - **Proverbs 28:9; 15:8; Jeremiah 7:16; James 4:8.**

- ii. Pray in faith - [Hebrews 11:6](#); [James 1:5-7](#).
- iii. Be brief - [Matthew 6:7](#); [1 Kings 18:26-29](#), cp [v36-37](#); [Nehemiah 2:4](#); [Ecclesiastes 5:2](#).
- iv. Pray according to His Will - [1 John 5:14-15](#).
- v. Pray through the Lord Jesus Christ - [John 14:13,14](#); [15:16](#); [16:23](#).

The Lord's Prayer [Matthew 6:9-15](#)

[Matthew 6:9](#) - **“Our Father, which art in heaven”** - The Opening Address. Once adopted into the family of God by baptism ([Gal 3:26-29](#)), God is our Father ([Jn 20:17](#); [14:6](#)). We are born again by the power of His Word ([1 Pet 1:23](#)) and he desires to develop His family characteristics in his children ([2 Pet 1:4](#)).

“Which art in heaven” - Emphasises the immeasurable greatness of God ([2 Chron 6:18](#); [Isa 55:8-9](#)), and cautions familiarity ([Ecc 5:2](#)).

“Hallowed be Thy Name” - ie God's purpose and character are holy. Possibly drawn from [Psa 103:1-5](#), which is based on [Exod 34:6-8](#). Seeks for the day when men will know Yahweh and worship Him in holiness. (See [Acts 15:14](#); [Mal 3:16-17](#)).

[Matthew 6:10](#) - **“Thy kingdom come. Thy will be done on earth as it is in heaven”** - This should be our foremost desire ([Matt 6:33](#)). It's only then that the world will begin to be educated in the divine laws ([Isa 2:2-4](#); [11:3-9](#); [26:9](#)).

[Matthew 6:11](#) - **“Give us this day our daily bread”** - An acknowledgment of our dependence upon God ([Jas 1:17](#); [Psa 84:11](#)). Daily bread appears to be an allotted amount of food for a slave, soldier or labourer. It was sufficient, but not excessive. ([1 Tim 6:8](#); [Jas 4:3](#)).

We also need a daily supply of spiritual food ([Jn 6:35](#); [Matt 4:4](#)).

[Matthew 6:12](#) - **“Forgive us our debts, as we forgive our debtors”** - An acknowledgment of our need of forgiveness ([Rom 3:23](#)). However there is no forgiveness outside Christ ([Jn 8:24](#); [Acts 4:12](#)).

Forgiveness is not granted indiscriminately: We must forgive others ([Matt 6:14-15](#); [18:23-35](#); [Jas 2:13](#)); we must confess and forsake our sins ([Prov 28:13](#)); we must believe and be baptised ([Mk 16:16](#); [Acts 2:38](#)).

[Matthew 6:13](#) - **“Lead us not into temptation, but deliver us from evil”** - We pray for this because we are aware of our weakness in trial ([Rom 7:14-25](#)). Trials are necessary ([Heb 12:6](#)), but God is able to deliver us, and to help us to endure ([2 Pet 2:5-9](#); [Psa 73:2,17](#); [1 Cor 10:13](#); [Psa 34:6-7](#); [17-18](#)).

“Thine is the kingdom and the power and the glory for ever” - ie God has the power and authority to implement His will and purpose and therefore we have confidence in the Father's ability to grant the requests of those who acceptably approach him.

“Amen” - Means - “it is true”(as a confirmation) or “so be it” (as an endorsement), or “may it become true” (as a request for a prayer to be granted).

As Christ is the channel through which the purpose of God is to be fulfilled, he is styled “the Amen, the faithful and true witness” ([Rev 3:14](#)). See also [Acts 4:12](#).