

# JESUS TEACHES US TO PRAY

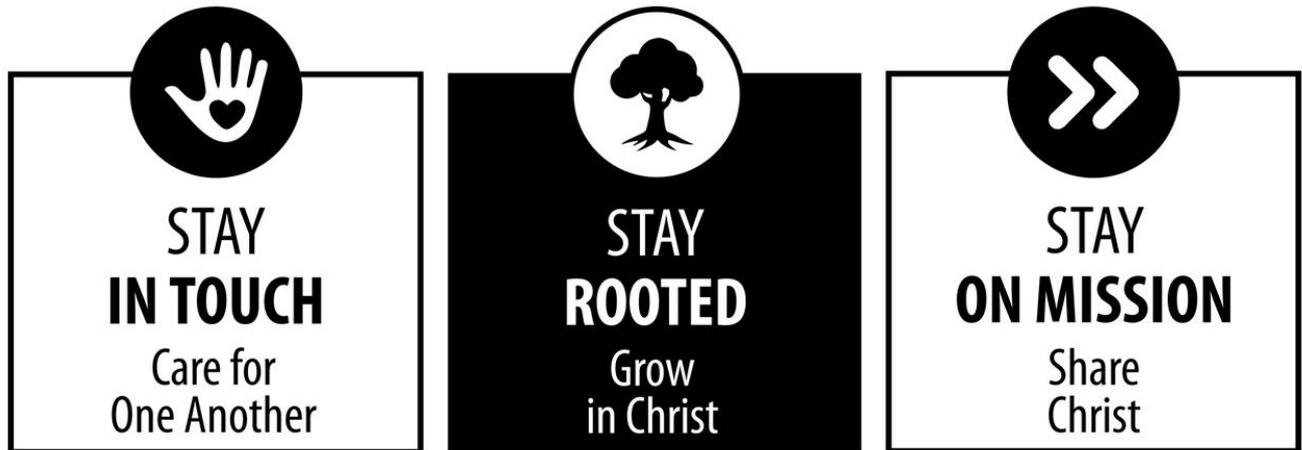
A SUNDAY FAMILY DEVOTION (24 May 2020)

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Call your family together for a Family Devotion. (The time you would have gone to church) Set 60-90 minutes aside for Praise and Worship, Word Reading and Study, Prayer and Breaking of Bread. Encourage the involvement of every family member. The outline below will assist you.

Please take note! Next Sunday we will have a Video Message again.

Always Remember to...



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Today's focus is on prayer.

If we want to stay rooted and grow in Christ, we need to make prayer, that is, talking with, and hearing from God a part of our daily lives. Prayer goes hand in hand with the reading and studying of God's Word.

Let us have a look at some scriptures that encourages us to pray... (By ourselves and with others)

Take turns to read one of the following scriptures:

Acts 2:42 TPT *Every believer was faithfully devoted to following the teachings of the apostles. Their hearts were mutually linked to one another, sharing communion and coming together regularly for prayer.*

Ephesians 6:18 NLT *Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.*

Luke 11:9-10 ESV *And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. (10) For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.*

Philippians 4:6-7 ESV *do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (7) And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

1 John 5:14-15 ESV *and this is the confidence that we have toward him, that if we ask anything according to his will he hears us. (15) And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.*

Matthew 6:5-6 ESV "And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. (6) But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

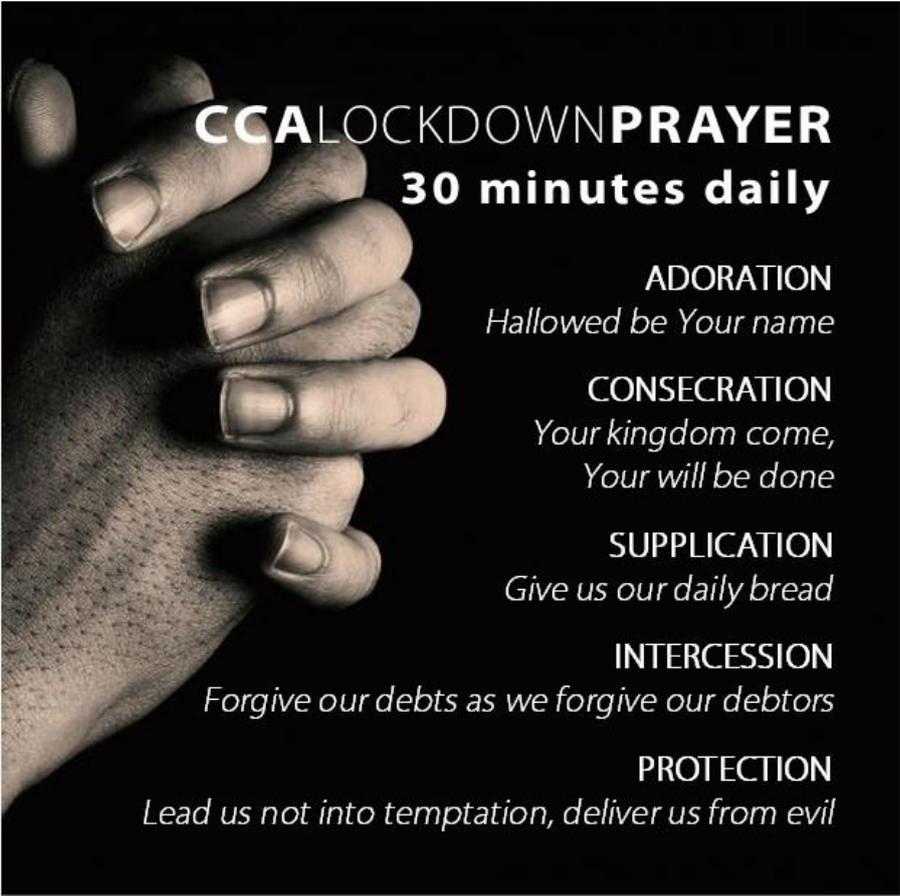
Some of us might say: "I don't know how to pray, and I don't know what to pray." Well, Jesus' disciples also needed help and came to Jesus and asked Him to teach them to pray. (Luke 11:1) Let us have a look at how Jesus taught them to pray...

Matthew 6:9-13 ESV Pray then like this: "Our Father in heaven, hallowed be your name. (10) Your kingdom come, your will be done, on earth as it is in heaven. (11) Give us this day our daily bread, (12) and forgive us our debts, as we also have forgiven our debtors. (13) And lead us not into temptation, but deliver us from evil.

The idea was not that they should recite the prayer in parrot fashion, as many people do, but Jesus opened at least five important facets to help us pray effectively. You can use your own words that flow from your heart. God promised that he will listen to every sincere prayer offered in faith.

Please note that Jesus connects us to the "Father". We pray to the Father through Jesus Christ. Also, note the "Our" and not "My". Jesus wants us to come to the Father acknowledging our brothers and sisters in Christ as God's children too.

Let us get practical. See the slide below. I want to encourage each person to pray at least 30 minutes daily. This guideline will help you to pray in the way Jesus taught us to pray. There are five facets, topics, or categories. Do not approach it legalistically. It is a guideline. Put your own words and requests to it. It will differ each day as you pray. It is a good habit to keep a journal. Prayer is not just talking to God; effective prayer involves listening to God as well. Write down what you hear from God. Make a note of what stood out from your Bible reading as well. Meditate on it – let it drop from your head to your heart.



**CCALOCKDOWNPRAYER**  
**30 minutes daily**

**ADORATION**  
*Hallowed be Your name*

**CONSECRATION**  
*Your kingdom come,  
Your will be done*

**SUPPLICATION**  
*Give us our daily bread*

**INTERCESSION**  
*Forgive our debts as we forgive our debtors*

**PROTECTION**  
*Lead us not into temptation, deliver us from evil*

## 1. ADORATION: *Hallowed be Your name*

The word “hallowed” here means “honoured as holy.” The first step to any prayer is to give God glory and honour and praise. This positions our hearts to be aware of God’s presence as we pray. Here, Jesus also directs us to acknowledge God as our Father in heaven. God is the creator of the universe, the alpha and omega, the King of Kings, the Almighty. But He is also our good, good Father who loves us and wants an intimate relationship with us. Beginning prayer by calling him “Father” and praising His name brings us into His presence the right way, with reverence and awe, but also with intimacy and relationship. You are not just praying to a distant, powerful King. You are praying to the loving, tender God of your heart, who knows you fully and loves you deeply. The words we choose have power; do not be hesitant or afraid to call Him your Heavenly Father.

## 2. CONSECRATION: *Your kingdom come, your will be done*

Jesus tells us to pray God’s will over our own because the goal of prayer is not to convince God of our heart but to align it with His. Praying God’s will to be done in our situation puts His agenda before our own. This is the mark of a truly surrendered heart. We can certainly pray specifically for our heart’s desires; He knows them anyway. But ultimately our main desire should be for God’s will to prevail. Even if His will is the opposite of our desire. Even more specifically, Jesus instructs us to pray God’s will to be done on earth as it is in heaven. What does this mean?

It means that we desire His will to be done freely, without disobedience or obstacle or hindrance of human sin. Jesus tells us to pray this way not because God needs us to do His will, but because He *chooses* to use us to do the work of His Kingdom. To do His good work, we must trust Him and obey Him while striving to deny our sinful human nature. In Heaven, these issues are not present. But on earth, they are. We should desire His will to be done and for us to not stand in the way of it by disobeying or sinning.

## 3. SUPPLICATION: *Give us our daily bread*

Here, Jesus transitions into instructing us to pray for the provision of our needs, no matter how seemingly insignificant or mundane. We need daily bread in the sense that we need God to daily dwell with us and guide us, but also that we need literal daily bread to stay alive. Pray for both His physical *and* spiritual provision in your life and the lives of those you love. God created us with bodies and souls that both need daily substance to sustain it. Pray for the things that you need and thank Him for all that He has already blessed you with.

## 4. INTERCESSION: *Forgive our debts as we forgive our debtors*

Many times, when we pray, we forget these next two steps, but they are vitally important to our walk with God. We need to regularly ask God to search our hearts and reveal our sin to us. We need to regularly be confessing those sins to God and asking Him to forgive us. Prayer is about cultivating a relationship with Jesus and in any relationship, part of intimacy is humility and openness. Humble, open, teachable hearts apologize when they are wrong. The mark of a truly humble heart is a genuine desire to apologize for wrongdoing and seek forgiveness. Do not leave any sin unconfessed; unrepented sin erodes relationship with God and hinders intimacy with Him.

You may not think that you regularly need to forgive others, but this does not just refer to obvious conflicts. This can mean forgiving someone for disappointing you or letting you down as well as forgiving someone who has wronged you. The way we talk about others should show you how badly we need the help of the Holy Spirit to continually offer forgiveness to others. We should offer it freely, whether it is deserved or requested because we have been forgiven when we did not deserve it.

It is our duty as Christians to portray the love of Christ to the world and this means forgiving when the world would say retribution is justified. This means forgiving those who slander you or speak against you when the world would say they do not deserve your kindness. This is not an easy task. Our flesh will fight against this tooth and nail, so we need to regularly pray for the strength to forgive others.

#### **5. PROTECTION: *Lead us not into temptation, deliver us from evil***

Though God allows us to be tempted and tested, He is never the tempter (James 1:13-14). We lead ourselves into situations where we are tempted. Here Jesus is showing us how to pray against this and keep us from being our own worst enemy. This part of prayer is important because our flesh is weak against temptation. Though we *can* withstand and overcome through the strength of God (Philippians 4:13) it is better if we can steer clear of temptation from the beginning.

We should also pray that we do not cause temptation for any other brother or sister in Christ. Pray also here for protection and safety, as we have a real enemy who lives to attack God's people. Pray, as Jesus says, for "deliverance from evil."

#### **Discussion Questions:**

1. Without allowing condemnation, share the victories and struggles you experience in your prayer life.
2. In what way can you encourage and help one another as a family or friends to maintain a fruitful prayer life?
3. In what way will today's teaching help you to strengthen your prayer life?

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**Prayer helps you to**



**STAY ROOTED and GROW IN CHRIST!**