



Experience 08: Prayer

Wednesday, January 20, 2021

Matthew 6:9-13

This, then, is how you should pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one.

One of the most important, and sometimes confusing, parts in the life of any follower of Jesus is prayer. Right in the middle of Jesus' most famous teaching, called the Sermon on the Mount in Matthew 5, 6, and 7, we're given a template of what prayer is all about. Jesus is by no means trying to communicate that the Lord's prayer (Matthew 6:9-13) is the only way we should pray.

The Lord's Prayer is a picture of what prayer looks like. The prayer starts by remembering God's holy name and then asking God for His kingdom to come. The Kingdom of God is any place where what God wants is being done. The follower of Jesus asks for God's kingdom to come more and more so that they may live and work in it.

Prayer is chiefly communicating with God for the purpose of aligning ourselves with His kingdom.

When we talk to God it can be about any number of things because the life of the follower of Jesus is lived in God's kingdom. When we're thankful we give thanks. When we are in awe, we express our wonder. When we are overwhelmed, we ask for strength. When we need a miracle, we pray for one. All these things are prayed within the context of asking God to provide what is best for the flourishing of His kingdom.

It is with this in mind that the follower of Jesus approaches God with prayer; understanding that if God says no, or responds differently than we had anticipated, that it must be for the betterment of His kingdom.

Actions to take

- In your journal write down your own definition of Prayer.
- Read the Lord's Prayer again, this time read it aloud- if you're in a public setting, try whispering under your breath!
- In your journal spend some time writing a prayer to God, as you communicate with Him ask him to align your life, your heart, and your mind with His Kingdom.
- Ask Him to show you the things that are making alignment with His Kingdom challenging in this season of life. List these in your journal.