

Living Lent | February 28

## Our Prayer

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*“And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.*

*‘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.’*

*For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.”*

**Matthew 6: 7-15 (NIV)**

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### Encouragement for the Lenten Journey:

How do you pray?

Do you talk to God conversationally?

“What’s up God? Let me tell you about my day.”

Do you talk to God using liturgy and formal words?

“Lord Jesus Christ, have mercy on me a sinner.”

Do you talk to God about the big things in your life?

“Father guide me in Your way.”

Do you talk to God about the little things in your life?

“God, help me make it through this meeting.”

Do you confess the sins of yesterday?

“I messed up again. Forgive me.”

Do you talk about things in the future?

“Jesus, I long to serve you in this way.”

How are we supposed to pray?

I think it's interesting to note that the disciples never asked Jesus to teach them how to preach, but they did ask Jesus to teach them how to pray. I don't think it's because they weren't doing prayer right, but because they heard Jesus praying to His Father and they wanted to pray like that.

In Jesus' teaching on prayer, what we typically call the Lord's Prayer, He was conversational (Our Father) and formal (hallowed by your name). He talked about big things (Your will be done) and little things (give us this day our daily bread). He talks about the sins of yesterday (forgive us our debts) and about the future (rescue us from the evil one). Jesus shows us that the most important thing is not eloquent words or a set format for our prayers, but honest dialogue and conversation. Is there a right way to pray? The only wrong way to pray is not to pray at all. As long as you're talking, God is listening.

As you look at Jesus' example prayer, spend time praying using the prompts below:

Our Father, you are ...

I want things on earth to be like they are in Heaven. Especially in the area of...

I want Your will to be done in my life and I surrender my desire to...

Lord, I need...

Forgive me for...

And help me forgive others for...

Help me stay away from temptation, particularly...

Amen.

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### ***Contributor and Contributing Body of Christ***

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