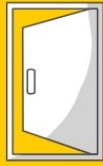


# Lord, teach us to pray

6 simple steps to get you started

## CONNECTING, COMMUNING, CONTENDING



### Position: Our Father in Heaven

We come to prayer as children with access to God the Father through Jesus Christ. Start prayer by reminding yourself of this glorious fact. "You are my Father, so I can \_\_\_\_\_."



### Perspective: Hallowed be your name

"Enter his gates with thanksgiving and his courts with praise." Praising God gives perspective to our lives and our prayers. "Father I praise you because you are \_\_\_\_\_ and thank you for doing \_\_\_\_\_."



### Partner: Your kingdom come, your will be done

Humanity was created to be God's kingdom partner. We stand between the world and our Father. Welcome his authority to save, heal, & deliver. "Father bring your kingdom to/in \_\_\_\_\_."



### Provision: Give us this day, our daily bread

As children we can rest on the knowledge that our Father cares for us & provides all we need. Specifically ask for what you need with security and confidence. "Father, I ask you for \_\_\_\_\_."



### Pardon: Forgive us our debts, as we forgive...

Forgiveness is at the very end of this prayer. God cancels our debts just because we ask. We also need to cancel others debts. Again, pray specifically, "Father forgive me for \_\_\_\_\_ as I forgive \_\_\_\_\_"



### Protection: Lead us not into temptation, but...

We can't make it in this world without our Father's protection. Prayer reminds us of our dependence on God. Each part does this, including this one. "Father protect me today from \_\_\_\_\_."

# So Many Ways to Pray

19 prayer skills with examples

## CONNECTING, COMMUNING, CONTENDING

**Bowing:** Kneeling down is a sign of worship and submission. "You are my Father in heaven. I bow before you."

**Confession:** To declare truth about God, ourselves, or the world. "God you are my Father. I need you. This world needs you."

**Meditation:** Choose one of God's character qualities and think about it repeatedly. Can do it in verbally or in writing. Example: God's Care "You care for me because you love me. You watch over me. You are a Father, etc, etc, etc."

**Praise:** Expressions that magnify God and declare how great he is. "Father you are holy, good, kind, Sovereign, amazing...."

**Silence:** Not talking is a way we show honor and respect. It is also a great way to quiet ourselves before God.

**Singing:** Declaring God's praise or our worship in song. Do this every day.

**Watching:** Opening our spiritual eyes to the world around us. "Show me what is going on so I know how to pray."

**Proclaim:** The heavens are open when we announce or declare what is true about God and his kingdom. "The earth is the Lord's and the people who dwell in it."

**Praying in the Spirit:** When we pray in tongues, we pray in partnership with the Holy Spirit. This is a metaphor of the Christian life as the Holy Spirit empowers our prayers.

**Recount:** Remind yourself of what God has done in the past to build your faith. "I remember when..."

**Complaint:** Honest prayers often include how we really feel and the disappointments in our lives, even questions. "Father, I'm doing what I can, but still feel \_\_\_\_\_."

**Thanksgiving:** Expressing gratitude, for God's goodness to you in the past and in faith, even before you receive "Father, thank you for....."

**Petition:** Ask Father specifically for what you need. "Father, I ask you..."

**Lament:** Express your grief and sorrow over sin or that of others. Let yourself feel these burdens. Hurting and weeping often go together.

**Scripture Prayer:** Pray through a passage of Scripture. Can be used for praise, confession, etc. For repentance try Psalm 51. Read then pray. Repeat till you've prayed through the whole psalm.

**Repent:** Express your remorse for sin and commitment to change. "Father forgive me for \_\_\_\_\_, I commit, with your help, to not do so again."

**Listening:** In silence take time to listen in general and ask specific questions like, "Father, show me if there is someone I need to forgive."

**Forgiving:** Make the decision to forgive those who have wronged you. "Father, I choose to forgive \_\_\_\_\_, not because they deserve it, but because you forgave me."

**Faith:** We pray because we trust Father cares. Faith fuels all of prayer.