

TIME OF REFLECTION: OUR LORD'S PRAYER

INTRODUCTION:

A simple, reflective way of stilling ourselves to pray at noon (12:00pm) every day.

WHAT YOU NEED:

A Bible, paper or journal and some time.

STYLE OF PRAYER:

You can do this on your own or with others.

WHERE DID IT COME FROM?

When the disciples asked Jesus to teach them to pray (Luke 1:1), He gave them a simple pattern to follow. He didn't intend for us to just pray the same words He spoke in Matthew 6:9-13, He intended it to be an outline for prayer. Use each verse of the Lord's Prayer as a guideline to help keep your prayer-time on track.

HOW TO PRAY OUR LORD'S PRAYER: Matthew 6:9-13 ESV

1. REFLECT - *"Our Father who is in heaven, hallowed be Your name."*

Think of all the names that you use for God. Which name do you use most when you pray? How often do you use the name "Father"?

2. REQUEST - *"Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread."*

Write your name in the centre of a sheet of paper, then surround it with the people, situations and places that you want God to move in. Include anything that has been worrying you. Ask God to teach you to pray His will in each of these situations.

3. REPENT - *"And forgive us our debts, as we also have forgiven our debtors. And do not lead us into temptation but deliver us from evil."*

Think back through the past 24 hours; the things you've done, people you've met. Ask the Holy Spirit to highlight things you've done wrong, or times where you should have acted and did not. Ask forgiveness. Thank God for forgiving you. Is there someone you need to forgive today? Ask God to show you who.

4. REJOICE - *"For Yours is the kingdom and the power and the glory forever. Amen."*

Finish with proclaiming who God is and exalting His name. Take time to thank Him for the answers to come, and to worship Him as the Most High God.

