

## Matthew 6:9-13

### Walking Through the Lord's Prayer

Imagine the 12 Disciples having given up everything to follow Jesus, they spent day and night with Him. They lived alongside Him witnessing His miracles, watching His prayer life and witnessing His relationship with His Father.

Next, take your imagination to the crowds of people drawn to Jesus. Listening and watching, they knew there was something different about Him. They, too, witnessed and experienced His healings and miracles. They gathered around Him longing for more. Often, they simply wanted to touch Him.

They chose Him and followed Him, yet all still wondered, "How do we pray?"

Jesus gives the answer to the 12 disciples when they ask Him as written in the book of Luke. Then again, he answers the question in Matthew 6:9-13. But this time, it's not to just the disciples. It is to the crowds during the Sermon on the Mount.


In each scenario, He provides a framework for prayer. Not merely words to utter by memory. But a framework for connecting heart and soul to our Father.

He knew it wouldn't only be the disciples or those crowds having this very same question. He knew it would be a question that would stand for all time and all believers.

He knew you and I would wonder. And as always, He planned well in advance to give us all we need to walk in relationship with Him. To grow deeper in our faith and to boldly approach the throne in prayer.

*"So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most." -Hebrews 4:16 NLT*

Today, we are diving into Matthew 6:9-13 to understand the Lord's Prayer as more than a set of memorized words. We are learning about the framework Jesus provided. God wants us to approach Him with confidence – boldness! And although He loves us to come to Him in prayer as a pouring out of our heart, He knows our confidence grows when we have both knowledge and practice.

**Do this:**  Take a journal page and stop at each of the 5 mini-stations where we will explore the elements of Jesus' prayer plan!

# Element 1: Praising

“Pray like this: Our Father in heaven, may your name be kept holy.”  
-Matthew 6:9

We are to give God the honor and glory He is due.


We begin with praising His name as all powerful and mighty. He is the King of Kings and Lord of Lords!

Have you ever noticed that our first foot forward sets the tone of what is to come? Whether it's a night out, time with a friend, moments with the family, or a difficult but necessary conversation, how we step into it matters.

Stepping into any circumstances with a spirit of negativity usually lands us into a joyless and unproductive situation.

However, when we step into a circumstance with a positive attitude, we usually create quite the opposite – a joy-filled and productive situation!

It's not any different with prayer. Prayer is a conversation with Jesus. And in order to start well, we need to start on the right foot. Praise changes a negative spirit to one of gratitude and wonder. It releases our thoughts from focusing on the difficult of life and places them on what is good. It reminds us of the goodness of our God.

**Do this:**  Turn to your journal page and jot down your praises for the Lord. What is He doing or what has He done in your life? Praise Him for the wonders in this world and the things that only He is capable of doing as the creator of the universe.

## Element 2: Yielding

“May your Kingdom come soon. May your will be done on earth, as it is in heaven.” -Matthew 6:10

Asking Jesus to return soon is something that will help us be ready for when He returns for His Church. Speaking this reveals a longing in our heart to be with our Creator and to be in our true home.


When we seek alignment with God's will, we are surrendering our will to His. We are making a commitment to honor His ways.

A true relationship with Christ means we place our trust and faith in Him. It means we believe He knows what is best and that even when we don't understand His will or our current circumstances, we trust Him to make a way.

Often, we hold onto our way of thinking or of doing. We have a vision of how our life story should play out and we desperately seek control of it. Often, we force our way even when God is closing or prolonging the opening of that door.

It's hard to wait. And it's hard to let go of our version of a dream. But when we intentionally trade our version for His, we can watch what God does.

That's when miracles have a chance and when God shows us how good He is at redemption and creating beauty from the ashes of life.

**Do this:**  Search your heart for that something you have been holding onto far too tightly and refusing to surrender to God. Has the stress been mounting as you manipulate your circumstances? Or maybe you've continued to ruminate over the injustices you faced. Not willing to leave them behind, you are missing God's redemption of your story in new and better ways.


Turn to you journal and write down what the Lord is revealing to you.

## Element 3: Requesting

*"Give us today the food we need," -Matthew 6:11*

We make our requests to God.

Asking Him for the things we need, we acknowledge that everything we have is a gift from Him. He is our provider and we thank Him for meeting our day-to-day needs.

**Do this:**  We've laid the foundation for a deep conversation with the Lord as we praised Him and surrendered ourselves and our desires to Him. Our spirits are set right. It takes humility to praise and surrender and a humble heart is best place from which to originate our requests.

What is it that you are in need of right now? Take a moment to jot down some of your requests for you, your family, your friends, your community, etc.

## Element 4: Confessing

*"and forgive us our sins,  
as we have forgiven those who sin against us." -Matthew 6:12*

This is an admittance that we fall short and are in need of His grace. Without a repentant heart we might continue in our sin. It's important to ask the Lord to make us more like Himself.

We ask for forgiveness for our sins but that means we should be merciful towards others.

Without confession, pride takes over. We all are human living in a broken, fallen world. Thus, we all are sinners. Yes, all of us.

Sin separates us from God. Therefore, it is important to recognize where and when we sin. Finding the humility to admit we are wrong and in need of forgiveness takes strength, but the gift of that strength is receiving the glorious grace of Christ. It is for that very reason He suffered and died on the cross for us.

Just as God showers grace upon us when we sin, He asks us to model the same toward others. Grace. Forgiveness. As an act of obedience to what Christ calls us to do, forgiveness sets us free.

Here's the catch, though. We don't only forgive those who have asked for forgiveness. We forgive "those who sin against us." Take note - there is not an addition of, "when they ask for forgiveness."


That's the crazy thing about God's infinite grace. Although the act of confession and repentance moves sin out of the way in our relationship with Christ and clears the path for deeper walk in faith, it doesn't stop God from loving us through our stubborn pride. Even when pride gets in the way, He loves us. He calls us His and cherishes us.

His arms wait wide open in anticipation.

It's just that without the confession, we aren't being real with Him – or honest. Lack of honesty in a relationship gets in the way, doesn't it? And doesn't dishonesty create a distance in our relationships just as sin separates us from God?

Obedience is a part of our faith walk. Are we willing to surrender our pride and humble ourselves before Him? If so, we will become witness to a relationship far deeper than our minds can fathom.

So, yes, we need to forgive those who sin against us – whether they've asked for that forgiveness or not. And we need to admit and repent of our own sins, in acknowledgement of our need for His grace and to keep us from walking back down those treacherous roads.

**Do this:**  Take a moment and ask God to reveal the places hidden in your heart where you are harboring bitterness or trying to hide sin. Ask Him to show you the things for which you must repent. Jot those down on your journal page.

## Element 5: Protection

*"And don't let us yield to temptation, but rescue us from the evil one. -Matthew 6:13*

Safeguard us from attacks and protect us from evil. Free us from bondage and break the chains that hinder us from growing spiritually.


We face temptation of sin every day therefore we need God's protection. If we get honest with ourselves, we recognize the areas with which we struggle most and need to ask God to protect us in those areas. We ask Him to be our strength in resisting the temptations and to protect us from Satan's power to fool us into thinking wrong is actually right.

Satan continues to tempt us because he knows that when we cave into the sin, we are distracted from our relationship with Christ and from our God-given purpose. Once he has us there, he renders us ineffective.

**But for God.**

Thankfully, our God has won the war on sin and death. Our sins are never too big for the grace of God. There is nothing His grace does not cover. So, we repent, stand back up, and go forward with Christ as our protector. Finally, we always remember that with Him, all things are possible.

*But Jesus looked at them and said, "With man this is impossible, but with God all things are possible." -Matthew 19:26 ESV*

**Do this:**  In this final section of your journal, take a moment to ask God for protection. Maybe it is from something specifically affecting your life right now or maybe it's a general prayer. Whatever the scenario, let it be with confident authenticity that Jesus is our protector.

# In Closing

What you now have before you is a personal prayer within the framework of how Jesus taught us to pray.

But there's just a couple more things we need to share ...

In John 14:13-14 (NLT), Jesus says, "You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father. <sup>14</sup>Yes, ask me for anything in my name, and I will do it!"

When we go before the Lord and ask based on **His** standing and **His** merit, we acknowledge that our prayers are not about our own righteousness or sin. We have been given the privilege of prayer solely through the grace and power of Christ.

Therefore, because of this, at the end of our prayers we say something similar to, "I ask this in Jesus' name."

And then we close in, "Amen." Amen has a few subtly different meanings, but most commonly when used at the end of a prayer means "so be it" or "let it be fulfilled."

Our hope today is that the Lord's Prayer has a deeper meaning for you. Whether you pray the words God impressed upon you while working through this station, or you pray the exact phrases famously known as the Lord's Prayer, may you forever know "why". And may that why reside always in your heart and mind serving to deepen both your prayer life and your relationship with Christ.