

Spending An Hour In Prayer

The Lord's Prayer

- 1 Take your Bible, a hymn book or praise chorus book, paper and pencil.
- 2 Find a place of solitude to focus upon the Lord. Your place of prayer should be free from as many distractions as possible.
- 3 Begin by a prayer of humility reminding yourself of who God is and who you are. Invite Jesus to join you for this special time of prayer.
- 4 A Model of Prayer: Praying the way Jesus taught us.
 - a **God's Purpose** is to glorify Himself. Spend a few moments writing down the attributes of God. Now give praise to God for each attribute you have written down. You may want to sing songs which remind you of God's character.
 - b **God's Paternity** reminds us we are His children. Read Romans 8:12-17. What strikes you most about the amazing fact that *God is our Father who art in heaven*? Say a prayer of thanksgiving to your heavenly Father.
 - c **God's Priority** is to hallow His name. Holiness has been lost by our culture and many Christians. Examine your life. First list a few ways you hold up God as holy. Now think of times you have defiled the name of God. Seek His forgiveness.
 - d **God's Program** is His kingdom. Americans do not cherish much the thought of kings or queens. We value our independence and freedom. The Sermon on the Mount (Mt. 5-7) speaks of kingdom values. Take a few minutes and read the Sermon on the Mount. Now make a few notes about the differences between the kingdom of God and the kingdom of man. Close by praying for God's kingdom to be at work in you.
 - e **God's Plan** is for His will to be done on earth as it is in heaven. Read James 4:1-3. If you were to pray *God's will be done on earth as it is in heaven*, would any of your prayers change for yourself or others? This is a prayer of submission. Pray God's will be done in your life and in those around you even if it means YOUR will may not be done!
 - f **God's Provision** includes our daily bread. Make a quick list of things we take for granted by living in the United States. Pause and give thanks for God meeting our daily needs far beyond what most experience in the world. Think of how often we OVERDUE our daily needs of bread. How do you believe God views our grocery lists and parties? Now read John 6:25-59. If Jesus was your daily bread, are you malnourished or well fed? Thank God for Jesus the bread of life!
 - g **God's Pardon** is granted for all who ask. But the pardon rests upon our ability to pardon others. Read Mt. 18:21-35. Do you have any grudges you still carry around toward others? Seek the forgiveness of God, then seek the forgiveness of the one you have harbored a grudge against. Reconciliation is the power of God in Christ for healing. Confess any unconfessed sin to this point. Purify your life before God and others.
 - h **God's Protection** follows those who seek it. We are in a spiritual war and require spiritual armor. Read Eph. 6:10-18. Put on your spiritual armor by praying on one piece at a time.

Finish your prayer time by expressing your love to God the Father, Son, and Holy Spirit. We often never tell God we love Him in prayer. Sing a few songs of praise and worship. Celebrate your relationship with the heavenly Father made possible through Christ the Son.

*Outline of the Lord's Prayer adapted from John MacArthur,
The MacArthur New Testament Commentary, Matthew 1-7, pp. 371-398.