

How To Pray

 **one year**
PRAYER EXPERIMENT

One day, Jesus' disciples asked him how to pray. In response, he told them the well-known Lord's prayer. (Matthew 6:9-15) Jesus' intent was not that his followers simply recite this prayer. Instead, the Lord's prayer contains an outline for us to model our prayer lives after. It shows us what components our prayer lives need to include in order to be balanced and healthy.

The box below lists and describes each of these essential elements of prayer.

Set aside a period of time where you can be quiet and still. Then spend a few minutes praying through each element, all in one sitting.

Praise

Recognize God's unique character. Celebrate who he is and what he is like. Give Glory to God.

Justice & Unity

Pray that God would bring about a more just world to live in. Pray that his people would actively pursue making the world more like God's kingdom.

Needs (& Thanksgiving)

Ask God to provide for your needs. Invite God to work in your life and the lives of others. This is when we make requests. Don't forget to recognize when God does move in response to our prayers and thank Him.

Confession

We have all sinned. Openly admit to how we have missed the mark and agree with God that it is wrong. Then repent by committing to go in the opposite direction.

Protection from the Enemy

An unseen, spiritual battle rages around us. We have an enemy bent on wreaking havoc in our lives. Pray for wisdom and strength to avoid temptations sent by the enemy. Pray for protection against any direct attacks of the enemy.

“It is an excellent means of keeping up an acquaintance with God, and of growing in the knowledge of God. It is the way to a life of communion with God. It is an excellent means of taking off the heart from the vanities of the world and of causing the mind to be conversant in heaven. It is an excellent preservative from sin and the wiles of the devil, and a powerful antidote against the poison of the old serpent.”

- Jonathan Edwards
From his sermon “Hypocrites Deficient in the Duty of Prayer”