



LORD, TEACH
US HOW TO

Pray

PRAYER GUIDE

THE PRAYING LIFE

The praying life is not about saying the right words. In actuality, it's yielding our lives to the words God has already spoken.

For Jesus said: "I have given them the glory that You gave me, that they may be one as we are one. I in them and You in me, so that they may be brought to complete unity. Then the world will know that You sent me and have loved them even as You have loved me." John 17:22-23

Prayer is the pathway of intimacy with God. It's not transactional, it's relational. It's not a product to be sold, it's a meal to be shared.

We hope this booklet takes you into a weeklong journey producing a lifelong pursuit in prayer.

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1

DAY ONE

MATTHEW 6:5-6

Jesus begins his teaching on prayer with a principle: **prayer isn't about impressing people.** We don't position our prayers at others, but to God! Praying with others or in public isn't wrong, but Jesus made clear that prayer isn't a competition. Our goal should be authenticity and sincerity before our Father. He isn't looking for anything more than our mind and heart.

MORNING

Heavenly Father, I thank You that you always hear my prayers. I thank You for your constant presence in my life and careful attention to every detail. My life, all of it, is yours today. I know Your eyes are upon me, and I ask for Your help today to keep my eyes on You. Thank You for goodness to me; use me for Your Glory.

NOON

*Lord, it's so easy for me to get distracted; to keep my eyes on the things around me. You invite me into Your presence and fill me with peace. You know my thoughts before I even utter a word. In the midst of this busy day, Lord, I turn my eyes to you. Your cross before me, the world behind me. Lead me in Your way.
I am wholly Yours.*

EVENING

*God, I thank You for this day, with all of its ups and downs. Your word reminds me that You are a Good Shepherd. Your desire is to lead me beside still and quiet waters; to restore my soul. My soul praises you now, O Lord, for Your constant goodness to me. I thank You and praise You for your faithfulness and provision. Teach me to continually see You at work each and every day; to be mindful of your blessings and guidance in all that I do.
You have my heart, my soul, all of me.*

2

DAY TWO

MATTHEW 6:7-8

One of the basic foundations of prayer is that our Father knows our needs and what is best. The “gentiles” that Jesus had in mind were Greek individuals who would have worshipped all sorts of Greek gods. It was not uncommon for them to list all the names of the gods or all of their sacrifices in order to coerce their deity into responding. Jesus reminds us that prayer isn’t about length, volume, or supernatural arm-twisting. **The posture of prayer is intimacy with the Father and trust in his faithfulness.**

MORNING

Heavenly Father, I thank You for another day to declare Your goodness to me. Thank You for knowing my needs before I do. Thank You for Your provision and Your love today before it even starts. You are good, and my soul knows it very well.

NOON

Lord, I need You. Every hour I need You. I stand on Your promises that You are for me. I lay my worries and cares on the altar of Your love. I trust in Your goodness before I even ask. I love You and thank You that you value me far above the birds of the air and the lilies of the field. All I need is You.

EVENING

God, You reign over all of Heaven, and You fill me with Your Spirit here on Earth. I know You see it all, so I will make my words few. Thank You, thank You, thank You.

3

DAY THREE

MATTHEW 6:9

Jesus' invitation to pray begins with recognition of who we are speaking to. The phrase "our Father in heaven" sounds like an oxymoron, but it is theologically loaded! A father is close, caring, and attentive, but a cosmic deity is supposed to be far away, right? Not in the slightest with God. **We can approach our Father in heaven with boldness, knowing that he is attentive and close to us.** He is holy, sitting on the throne, and in position to answer our prayer.

MORNING

Heavenly Father, You are holy and You are good. I am blessed beyond measure to be called Your son/daughter. Since before time You have declared Your love for me. I thank You that You are with me, right here, right now. I start this day so grateful to have a father like You. I love you, Lord.

NOON

Lord, I am surrounded by the fatherless. Those who walk through life as orphans, not knowing the love or instruction of a good father. Teach me, I pray, to be a reflection of Your love. Instruct me in Your Word and teach me your ways. Holy are you, Lord most high. Use me for Your glory and your purposes to reach a fatherless world today.

EVENING

God, Your faithfulness has sustained Your people always. Your children have never had to worry or be concerned with You on the throne Heaven. I am a testimony of Your faithfulness and love today. You are a good father and a great king. Help me to trust in You and follow Your ways all the days of my life.

4

DAY FOUR

MATTHEW 6:10

All week we walk around seeing a world that is not aligned with God's heart. In prayer we submit our own ideas, plans, and desires before the Lord and with conviction say, "Your will be done!" Jesus prays the same prayer as he prepares for the cross in Gethsemane (Matthew 26:39). **Jesus teaches us to offer up all that we have, believing that the will and ways of our heavenly Father are better than what we can see with our eyes.**

MORNING

Heavenly Father, I remember today the words of a famous hymn: "On Christ the solid rock I stand, all other ground is sinking sand." I choose today to not lean on my own understanding, but to follow You. Your will be done in my life today. Less of me, more of You.

NOON

Lord, I am surrounded by nations and cultures that do not honor You. The ways of the world bombard me at every turn. I see how different Your kingdom is compared to the kingdoms around me. Lord, I pray that Your kingdom come today. Use my life, my family, my education and career to further Your kingdom. This world needs You. Use me for Your purposes today.

EVENING

God, You are the High King of Heaven. You have been at work in my heart, my family, and every area of my life since before the day You called me. I trust You and desire Your will and your ways. Teach me to be kingdom-minded. Let Heaven be seen in my home and my life. Have Your way in me.

5

DAY FIVE

MATTHEW 6:11

In the way we ask for daily provision, Jesus causes us to recall God's great provision for his people as they wandered through the wilderness, that God provided daily for his people. As we look around with great plans, **Jesus reminds us that God is in the present moment with us; daily God provides our basic needs.** It is from this place of provision that God can use us daily to be his hand of provision for others.

MORNING

Heavenly Father, You are Jehovah Jireh, the Great Provider. In both great abundance and great need, help me to keep my trust in You. Keep me from the temptation to find my own answers and run away from You. I know that all I need is found right here in You. Thank you for your love and provision.

NOON

Lord, it is so easy to organize my own life, make my own plans, and take my own steps. Your word shows me that Your ways are always higher than mine. I pray today, Lord, for my daily provision to come only from You. Let every blessing and good thing be an opportunity to praise you. Teach me humility and trust. I commit all I am and all that I have to You.

EVENING

God, I put my trust in You. In every way that I have not, teach me to put more of my trust in You. Every day has been an example of Your goodness. Show me the ways that You are at work in me every day. I thank You for Your constant provision and grace. You are worthy of my praise.

6 DAY SIX

MATTHEW 6:12

Repentance and God's forgiveness are key themes for prayer, but Jesus ties a command to this petition. Sins were considered "debts" to God, but also to others. This is not the first time Jesus ties our relationship with God to our relationships with others (Matthew 22:36-40). **God openly wants to forgive us, but he asks that we also release others of their wrongs to us.** Our own forgiveness is deeply tied to our ability to release others (6:14). By no means is this easy. Jesus invites this moment into our prayers, that we can say "God, help me to forgive!"

MORNING

Heavenly Father, Your mercies are new every morning. How quickly I can forget my sin! Forgive me, Lord, for all the ways I have not lived according to Your purposes and will in my life. I repent of my sins and ask for Your holy forgiveness. Take away my sins and fill me with Your Spirit today.

NOON

Lord, when You teach me humility I am more aware of my pride. I know I don't deserve Your mercy and forgiveness any more than my worst enemy. Teach me your mercy, oh Lord. I know that with the same measure I forgive others, I will be forgiven. So teach me Lord to forgive with all my heart, because I want to have all of Your heart. Help me to walk in Your forgiveness today.

EVENING

God, I know that my walk with You is far from finished. I have much to learn each and every day. My desire is to be more like You. May it never be said of me that I was too prideful to let You have Your way. Lord, You have forgiven more than I will ever have need to forgive. Let Your mercy be a natural part of who I am and what others see in me. I humbly surrender all to You.

7

DAY SEVEN

MATTHEW 6:13

Jesus recognizes that trials are common while on earth. We pray that God keeps us from this place, but while we walk through broken humanity, we ask for God's protection from the evil one. **Adversity is not always an optional experience, so we pray that as we are preyed upon by the evil one, that our faithful Shepherd covers us and gives us the strength to continue to choose him and his ways.**

MORNING

Heavenly Father, I know not what trials may come my way today. What I do know is that You have led Your people through the fire and the sea. You have provided for them in the desert and restored them from captivity. Your eyes are upon me and Your desire is to bless me. Help me to face whatever comes my way with the knowledge that You are good and Your mercies endure forever.

NOON

Lord, I know that the world has many different opinions on how I should handle trials and tribulations. You teach me to be calm in the storm and to keep my eyes on You.
Lord, I know You command the winds and the waves. Teach me to not look at the storm, but to rest in You and know that You will guide me through. I trust You as my Captain and my King. Lead me in your way everlasting, I put my trust in You.

EVENING

God, I know that Your word calls you a Good Shepherd. I know that as a sheep of Your pasture there will be times when You lead me in difficult paths that I don't understand. Help me to trust You in the trials. Teach me Your patience, perseverance, and faithfulness. Help me to hope in You alone. I love You and I trust You. Lead me and guide me, I pray. I will follow You.

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