

Lesson 5

How to Pray

The verses we will study this week are known as *The Lord's Prayer*. Jesus teaches His disciples an example of how to pray. We too must learn from this example of how to pray to a worthy God.

Read Matthew 6:5-8.

1. How does Jesus describe those whom we are not to pray like? (v. 5)

2. Where do they love to pray?

3. What is their motivation?

4. In what manner should we pray? (v. 6)

5. What do the heathens do in prayer? (v. 7)

Thayer's Greek Lexicon defines *vain repetition* as repeating the same things repeatedly, using many idle words, and babbling.

We must emphasize the word *vain* rather than *repetition*. We are not to be mechanical, repeating phrases that have no meaning.

6. Write out the truth in verse 8.

As Jesus instructs us not to pray as the hypocrites and heathens do, yet He is also faithful to teach us the right way to pray.

Read Matthew 6:9-15.

The Lord's Prayer has been defined as a model prayer, an index prayer, or a pattern of prayer. It is important to know Jesus did not intend for us to pray this prayer verbatim, as this would eventually become vain repetition. Rather, it is intended to teach us how to pray and what to pray for.

The prayer is in a very specific order. There are six petitions within the prayer. The first three petitions are about bringing God glory and the final three are about our needs.

7. Write out the first two words of the Lord's prayer. _____

8. Think about these two words. Why do you think Jesus begins the prayer with these words? What does this teach us? Why is it important?

9. Look up the following verses and record what you learn about God as our Father:

Psalm 68:4-5

1 John 3:1

10. Next, write out the four words that follow *Our Father* _____

11. Where is our Father? What does this teach us? Why is it important?

Jesus begins the prayer with Whom we are praying to, what our relationship is with Him, and where He is.

12. Explain why this is the best way to begin prayer.

13. Finally, write out the last four words in verse 9. _____

When we pray, “*Hallowed be Your name*” we pray for His name to be treated as holy.

14. Look up 1 Peter 3:15. What is the instruction given at the beginning of the verse?

15. Use blueletterbible.org to look up the word *sanctify*. Record the first definition (found in the Outline of Biblical Usage box).

16. Summarize what it means to hallow God’s name.

We must begin praying by acknowledging Whom we are praying to, and it will result in worship and surrender.

The next petition is *Your kingdom come*.

The Greek word for kingdom is *basileia* which means, the realm in which a sovereign king rules. Often in the New Testament, the word *kingdom* refers to the rule of Christ in the hearts of believers.

17. Read Luke 17:20-21. Record what you learn about the Kingdom of God.

18. The Kingdom of Heaven (or God) can also refer to the future kingdom. Read Hebrews 1:3 and record where Jesus went after He purged our sins.

19. Read Ephesians 2:4-6 and explain where we will be.

When we pray *Your Kingdom come*, we are pledging devotion to God's reign.

Our prayer also shows a willingness to participate in the furtherance of His Kingdom. We pray for the furtherance of the gospel and the salvation of men and women. Here is a good place to ask for boldness to be a witness for Jesus.

20. Read the following verses and record what they teach us about being a witness.

Matthew 5:16

Mark 16:15

And finally, this prayer *Thy Kingdom come*, also shows our longing for the future kingdom.

21. Read Revelation 22:20. What should the cry of our hearts be regarding His coming kingdom?

The next petition is *Your will be done, on earth as it is in heaven*. The word *will* means choice. It is the Greek word *thelema* and can mean what God wishes to be done by us.

22. Read Ephesians 5:17. What are we to understand? _____

23. Look up Romans 12:2 and write out the steps to take to understand the will of God.

24. Look up the following verses and record what you learn about God's will.

Matthew 22:37-39

John 14:15

1 Thessalonians 5:16-18

God's will is always fulfilled in Heaven. As we pray for His will on earth, it is a prayer of surrender to His ways and not ours.

The first 3 petitions put our focus on God and His glory. The last 3 petitions sum up all our needs. We must give God the honor He is worthy of so that we know and are reminded of who He is: the One who is able to meet all our needs. We must also keep His worthiness, His kingdom, and His will before us as we pray for ourselves and others.

25. Read Matthew 6:11 and note the change in pronouns.

26. Why do you think a prayer for the provision of food is before the prayer for forgiveness of sins?

In the book of John, Jesus gives seven *I Am* statements claiming His deity while also revealing His nature and love for us.

27. Look up John 6:35 and record the first *I Am* statement of Jesus.

Jesus will go on to claim, "*I Am the Light of the World, I Am the Door, I Am the Good Shepherd, I Am the Resurrection and the Life, I Am the Way, the Truth and the Life, and I Am the Vine.*" Yet, He begins with "*I Am the Bread of Life.*"

28. Let us not forget to whom we are praying. Write down the first two words of this prayer.

Behold what manner of love the Father has bestowed on us, that we should be called children of God!

- 1 John 3:1a

29. Look up the following verses and record what they teach about God's provision.

Psalms 23:1

Luke 12:24

Philippians 4:19

Let us make our petitions to the Lord as the provider of all we need and let us not forget everything is His.

The heavens are Yours; the earth also is Yours; The world and all its fullness,
You have founded them.

- Psalm 89:11

Our next petition is *Forgive us our debts as we forgive our debtors*. Here, we come to the Lord and ask for forgiveness of our sins. This speaks of the ongoing need for forgiveness.

30. Look up the following verses about forgiveness and record what you learn about forgiveness of sins.

Psalm 32:5

Psalm 103:12

Proverbs 28:13

1 John 1:9

There is a difficulty in this petition of the Lord's prayer. The condition, *as we forgive our debtors*.

31. Read Matthew 6:14-15 and summarize these verses.

The proof that you and I are forgiven is that we forgive others.

- D. Martyn Lloyd Jones

When we truly understand what took place on the cross for our forgiveness, there is no possible way we could not forgive others. The ability to forgive others comes from having received God's forgiveness. It is evidence of our salvation.

32. Read Matthew 18:23-35, then write out verse 33.

33. Write down anything from this parable that speaks to you. Is there someone you need to forgive?

Forgive us our debts as we forgive our debtors reveals a heart that knows He is our Father and His name is hallowed. It also reveals a heart that truly understands the cost of our forgiveness.

We come to the final petition, *and lead us not into temptation but deliver us from evil*.

The sinner whose evil in the past has been forgiven longs to be delivered from its tyranny in the future.

- John R.T. Scott

34. Does God tempt us? Read James 1:13 and answer. _____

35. Read James 1:14. What leads us into temptation?

36. Look up 1 Corinthians 10:13. Considering what you have learned, how can you apply this to Matthew 6:13?

We know that God does not tempt us therefore, we pray for Him to give us the ability to overcome.

37. Read Matthew 26:41. What is the antidote Jesus gives us to avoid temptation?

We must also pray to be delivered from evil. This is an acknowledgment that He's the one who has power over evil.

38. Read Psalm 5:4. Why can we trust God to protect us from evil?

We have evil in our hearts, and we also have an evil enemy.

39. Look up Jeremiah 17:9. What does this tell us about our hearts?

40. Look up Psalm 34:14 and Romans 12:21. How can we avoid evil?

41. Read 1 Peter 5:8 and Ephesians 6:12. Write down what you learn about our enemy.

42. Read James 4:7. How can we avoid the enemy?

Though I walk in the midst of trouble, You will revive me; You will stretch out
Your hand Against the wrath of my enemies, And Your right hand will save me.

- Psalm 138:7

At the conclusion of the Lord's prayer, in the latter part of verse 13, we read *For Yours is the kingdom and the power and the glory forever. Amen.* As we are instructed to begin with praise, we must end with praise!

43. The Lord's prayer is a pattern for prayer. Use each petition to write out a prayer to the Lord.

Our Father in Heaven (acknowledgment of Whom you are praying to)

Hallowed be Your name (worship)

Your kingdom come (Allegiance to His reign and participation in the present-day kingdom. Ask for boldness to be a witness and pray for those who are unsaved.)

Your will be done, on earth as it is in heaven (Make requests to Him with His will as the goal.)

Give us this day our daily bread (Thank Him and ask for provision.)

Forgive us our debts, as we forgive our debtors (Confession of sins with the reminder that we must also forgive.)

Do not lead us into temptation, but deliver us from the evil one (This speaks for itself, yet also reminds us that He has power over evil.)

For Yours is the kingdom and the power and the glory forever (worship)

Amen.

44. In conclusion, share anything new you have learned about prayer and about the One to Whom we pray.
