

**A practical guide to spending one hour in prayer**

*Watch  
with  
Me...*

**Volume 2**

**The Lord's Prayer  
(Matthew 6:9-13)**



Based on the Salvation Army's Prayer Room Guide ([http://www.armyonitsknees.org/How\\_To\\_Manual.pdf](http://www.armyonitsknees.org/How_To_Manual.pdf), 2/22/2010).  
Quotations from the Lord's Prayer (Matthew 6:9-13) are from *King James Version* (1769).  
All other Scripture quotations are from *Contemporary English Version* (New York: American Bible Society, 1995).

## 1) Our Father Which Art in Heaven (5 min)

*Isaiah 49:16 - "The LORD answered, 'Could a mother forget a child who nurses at her breast? Could she fail to love an infant who came from her own body? Even if a mother could forget, I will never forget you.'"*

*Galatians 4:6-7 - "Now that we are his children, God has sent the Spirit of his Son into our hearts. And his Spirit tells us that God is our Father. You are no longer slaves. You are God's children, and you will be given what he has promised."*

When we approach God, we have the honor and the privilege of coming to him as if approaching a loving father. The problem most of us face is feeling as though our perfect dad is mad at us, his children who have messed up once again. We don't realize how happy he is to see us. Nor do we understand how he is so very ready to forgive us.

We come to God as a son returning to his dad, as a daughter returning home. An excellent picture of God's heart in this respect is seen in Luke 15:11-32. As part of your prayer time, consider reading through this story of a heartbroken and sorrowful son returning to his father.

It is crucial to note that viewing God as a loving father is certainly not a trivial matter. In aligning our hearts with this truth, we are calling ourselves into a service such as was Jesus', God's own son. As the Son of God, he so fully surrendered himself to his father that he went to the cross purely out of love for him.

We are called to a similar surrender and must be ready to yield ourselves completely to God as our father.

1. Take a deep breath, and relax.
2. Quiet your heart.
3. Ask God's help to see him as a father.
4. Thank him for being your dad.

## 2) Hallowed Be Thy Name (5 min)

*Philippians 2:9-11 - "Then God gave Christ the highest place and honored his name above all others. So at the name of Jesus everyone will bow down, those in heaven, on earth, and under the earth. And to the glory of God the Father everyone will openly agree, 'Jesus Christ is Lord!'"*

*Psalms 113:1-3 - "Shout praises to the LORD! Everyone who serves him, come and praise his name. Let the name of the LORD be praised now and forever. From dawn until sunset the name of the LORD deserves to be praised."*

*Exodus 34:5 - "The LORD God came down in a cloud and stood beside Moses there on the mountain. God spoke his holy name, 'the LORD.'"*

What does "hallowed by thy name" mean?

The word "hallowed" means "seen as holy" or "considered as set apart;" it refers to things utterly different. A name, in the ancient world, was more than something to call a person; it indicated his character, nature, essence.

So to say to God "hallowed be thy name" is to say, "We consider your very nature to be set apart from all else."

God, in his essence, is unique in all creation. Compared to him, the most beautiful sunset is mere shades of gray.

The brightest supernova in the sky is a shadow next to our God. The greatest men and women in humanity's collected histories are insignificant next to the one whose very nature is set apart from the created universe. God is, by nature, far and above all else.

1. Turn your thoughts to God.
2. Think about what sets him apart.
3. Thank God for one such quality.
4. Keep going until you smile!

## 11) Amen (10 min)

*Revelation 11:15 - "At the sound of the seventh trumpet, loud voices were heard in heaven. They said, 'Now the kingdom of this world belongs to our Lord and to his Chosen One! And he will rule forever and ever!'"*

*Revelation 19:6 - "Then I heard what seemed to be a large crowd that sounded like a roaring flood and loud thunder all mixed together. They were saying, 'Praise the Lord! Our Lord God All-Powerful now rules as king.'"*

*Psalms 81:1 - "Be happy and shout to God who makes us strong! Shout praises to the God of Jacob."*

*2 Chronicles 20:21 - "Then he explained his plan and appointed men to march in front of the army and praise the LORD for his holy power by singing: 'Praise the LORD! His love never ends.'"*

In 157 BC, Cato the Elder heralded the Third Punic War with the imperative, "Carthage must be destroyed!" In 1346, Edward III rallied the troops to the English cause: "God and my right!" In 1836, nameless Texans rallied to shouts of, "Remember the Alamo!" and defeated a force nearly twice their size.

Down through the ages, men have rallied the troops and won victories with a resounding battle cry. The Christian is no different.

As we end our time of prayer, shout a battle cry for our God who is victorious and whose kingdom never ends. Make up your own or use one of the many in the Bible.

Shake the gates of hell and shout!

1. Shout a battle-cry from the Bible or make your own.
2. Shout it loudly from your gut.
3. Sing a song of praise.

### 10) Thine Is the Kingdom and the Power and the Glory Forever (5 min)

*James 5:17-18 - "Elijah was just as human as we are, and for three and a half years his prayers kept the rain from falling. But when he did pray for rain, it fell from the skies and made the crops grow."*

*Matthew 28:18 - "Jesus came to them and said: I have been given all authority in heaven and earth!"*

*John 16:33 - "I have told you this, so that you might have peace in your hearts because of me. While you are in the world, you will have to suffer. But cheer up! I have defeated the world."*

What gives a Christian's prayers their potency? How is it that we see kingdoms shaken and worlds transformed simply through prayer?

The power surely lies not in the beauty of our words or the strength of our dedication for, when we answer honestly, we know there is much room for growth. No, the power is not in us but in the one to whom we have submitted our very lives. We are not in ourselves men and women of power, but we are men and women submitted to the greatest power that ever walked the earth. And therein lies the key to a Christian's prayers.

Just as an ambassador carries with him the full power and authority of the country which he represents, when we live submitted to Jesus, our prayers will carry the full weight of the Kingdom of Heaven.

1. Submit your life before Jesus.
2. Loudly declare that Jesus is king.
3. Thank God for how he will answer your prayers.

Our prayers are powerful because *he* is powerful. Our prayers work because we pray the will of the King.

### 3) Thy Kingdom Come (5 min)

*Luke 4:18-19 - "The Lord's Spirit has come to me, because he has chosen me to tell the good news to the poor. The Lord has sent me to announce freedom for prisoners, to give sight to the blind, to free everyone who suffers, and to say, 'This is the year the Lord has chosen.'"*

*Colossians 1:13-14 - "God rescued us from the dark power of Satan and brought us into the kingdom of his dear Son, who forgives our sins and sets us free."*

*Matthew 18:18 - "I promise you that God in heaven will allow whatever you allow on earth, but he will not allow anything you don't allow."*

When Jesus was born on earth, he was declared the son of David, the promised messiah and king. When he walked among the people of Israel, he operated in the power, the wisdom, and the ways of a new kingdom at odds with that currently in power. When he rose to heaven, he ascended to the throne prepared for him since before time began, and from there he now rules.

As followers of Jesus, our job is to establish and extend his kingdom so that it permeates every area of existence. From the church to government, from education to entertainment, from business to family, Jesus' kingdom is destined to saturate every place where people are found.

The great mystery of the gospel is its call to the fallen of mankind to partner with the Son of God to establish his kingdom.

Does he need our help? No, of course not. But he invites us anyhow.

1. Pray for areas of society that need God's kingdom.
2. Release a blessing over those places.
3. Forbid the enemy to work.

#### 4) Thy Will Be Done in Earth as It Is in Heaven (5 min)

*Jeremiah 29:11 - "I will bless you with a future filled with hope—a future of success, not of suffering."*

*Numbers 6:24-26 - "I pray that the LORD will bless and protect you, and that he will show you mercy and kindness. May the LORD be good to you and give you peace."*

*Luke 22:42 - "Father, if you will, please don't make me suffer by having me drink from this cup. But do what you want, and not what I want."*

The problem most of us have is that we don't really think God is good and that his desires for us are good. When we think of the "will of God," we think of Jesus in the Garden of Gethsemane, willing himself to obey the Father, ultimately to his torture and death.

The scene is emblazoned in our minds, and we forget that this is our good Father to whom Jesus prays.

Though we each face hardship and difficulty, Jesus' plans for us are always—ALWAYS—good. What is God's will for the people in our lives? Whatever we think it is, we can know for certain that his will is, at its foundation, good.

What is Jesus' standard for discerning God's good will? He gives us simply one: on earth as in heaven. If it is in heaven, it should be on earth; if it is not in heaven, it should not be on earth.

1. Think of some of the people in your life.
2. Ask for God to show you his will for each person.
3. Pray God's will for each.

Is there sickness in heaven? Is there discord in heaven? Is there sin in heaven? No, of course not. But is there health? Is there peace and unity? Is there holiness? Yes!

#### 9) Deliver Us from Evil (5 min)

*Nehemiah 9:9 - "When our ancestors were in Egypt, you saw their suffering; when they were at the Red Sea, you heard their cry for help."*

*1 John 3:9 - "God's children cannot keep on being sinful. His life-giving power lives in them and makes them his children, so that they cannot keep on sinning."*

*John 8:36 - "If the Son gives you freedom, you are free!"*

*Matthew 16:19 - "I will give you the keys to the kingdom of heaven, and God in heaven will allow whatever you allow on earth. But he will not allow anything that you don't allow."*

To ask God to deliver us from evil is not to beg and plead with a resistant taskmaster for a bit of relief. No! To pray for freedom is to request it from the God who has already sent his own son as the answer!

Whatever evil we may face—no matter how ingrained it may seem, no matter how invincible it may appear—Jesus himself is the power to defeat it and bring freedom.

Is this blind optimism? No, it is far stronger: hope.

Addictions? Behaviors? Nightmares? Mental illnesses? Physical sicknesses? Worries? Demonic activity? Evil has never been a problem for Jesus.

Our job is simply to pray in faith and to keep praying until the freedom that was purchased is made real in each of our lives, our families, our friendships, our cities, our nations, and our world.

1. Think of an area of evil.
2. Pray in faith for freedom from the evil.
3. Bind any demonic spirits at work.
4. Declare God's power.

## 8) Lead Us Not into Temptation (5 min)

*1 Corinthians 10:12-13 - "Even if you think you can stand up to temptation, be careful not to fall. You are tempted in the same way that everyone else is tempted. But God can be trusted not to let you be tempted too much, and he will show you how to escape from your temptations."*

*Matthew 5:5 - "God blesses those people who are humble. The earth will belong to them!"*

*Matthew 18:8 - "If your hand or foot causes you to sin, chop it off and throw it away! You would be better off to go into life crippled or lame than to have two hands or two feet and be thrown into the fire that never goes out."*

It is a bold thing to pray, "Lead us not into temptation." It is to declare that our lives are submitted to God's leadership. It is to give to him all the places to where we go, all the people with whom we associate, and all the activities that we do. To pray this is to be willing to excise anything and everything that may lead us into temptation.

To pray this and yet be unwilling to change our own habits is to live in hypocrisy.

This prayer will be answered not in the strength of our will, though, nor in a stubborn determination to "grit our teeth and bear it." This prayer will be answered through a humble act of surrender and an honest admission of need.

1. Admit you need God.
2. Ask God to lead you in your walk.
3. Ask if you should change anything.
4. Ask for wisdom for the day.

To think we can do this life on our own is the greatest of hubris and the beginning of our fall.

And so we humbly admit our need and submit our lives to Jesus' leadership whatever the cost.

## 5) Give Us This Day Our Daily Bread (5 min)

*Matthew 4:4 - "Jesus answered, 'The Scriptures say: "No one can live only on food. People need every word that God has spoken.'"*

*Isaiah 55:1-3 - "If you are thirsty, come and drink water! If you don't have any money, come, eat what you want! Drink wine and milk without paying a cent. Why waste your money on what really isn't food? Why work hard for something that doesn't satisfy? Listen carefully to me, and you will enjoy the very best foods. Pay close attention! Come to me and live. I will promise you the eternal love and loyalty that I promised David."*

What is it that we really need in life? A decent job? I'm not talking something fancy, but decent, preferably with medical and dental. A reliable car? We'll need one to get to work, after all. Of course, we need a house, don't we? And who could survive without a fridge? We might as well throw in a TV, too, and cable while we're at it.

But what do we really *need* in life? What do we need just to survive? Food, water, and shelter?

Boil it all down to the essentials, and really we only need one thing to survive: the words God speaks to us.

How long does it take the physical body to die from starvation? Over the summer of 1981, ten Irish prisoners died in a hunger strike that received international attention. Kieran Doherty died after 73 days with nothing but an occasional sip of water.

More important, however, how long can our spiritual bodies survive without spiritual food?

1. Begin by thanking God for taking care of you.
2. Ask him to provide for specific needs.
3. Read and pray through a section of Scripture.

## 6) Forgive Us Our Debts (5 min)

*Daniel 9:9-10 - "LORD God, you are merciful and forgiving, even though we have rebelled against you and rejected your teachings that came to us from your servants the prophets."*

*Psalms 25:11-12 - "Be true to your name, LORD, by forgiving each one of my terrible sins. You will show the right path to all who worship you."*

*1 John 1:9 - "But if we confess our sins to God, he can always be trusted to forgive us and take our sins away."*

In the essence of his being, our God is forgiving. He proved this when he came in the flesh to live with and die for mankind. Though not one of us deserved such an act of mercy and love, God chose to do it anyhow. He opened to us the doorway to forgiveness and now beckons for us to enter.

Before going further, we must stop to acknowledge our need for God's forgiveness and our utter dependence on his mercy. We will take time to examine our lives, asking the Holy Spirit to search our hearts for anything he is upset about.

It is important that we do not rush through this step in our time with God. We can easily lose God's heart towards sin if we are in a hurry. Instead, when a failure comes to mind, we should be ready to acknowledge it, talk to God about it, and even feel his pain over it.

1. Ask God to search your heart for any sin.
2. Vocally admit it to be wrong.
3. Choose to change.
4. Ask God's help to change.

Our rebellion cost Jesus his very life; sin is no small issue that can be quickly passed over. No, this is an issue of life and death.

## 7) We Forgive Our Debtors (5 min)

*Colossians 3:13-14 - "Put up with each other, and forgive anyone who does you wrong, just as Christ has forgiven you."*

*Matthew 18:32 - "The king called the first official back in, 'You're an evil man! When you begged for mercy, I said you did not have to pay back a cent. Don't you think you should show pity to someone else, as I did to you?'"*

*Matthew 6:14-15 - "If you forgive others for the wrongs they do to you, your Father in heaven will forgive you. But if you don't forgive others, your Father will not forgive your sins."*

Perhaps the most terrifying and transforming promise of God is this: if and only if we forgive others completely will he then forgive us fully.

We ought not to pass over that thought lightly but should dwell on it for some time until it sinks in and until we can confidently say to God, "Forgive me in the same measure that I have forgiven others!"

We slow down now to ask God to guide us to those moments when we have been wronged. Whether the harm was real or imagined, intended or accidental, if there is any bitterness, we must deal with it like a cancer. It must be rooted out completely and treated for what it is: a sin against God and man.

When anyone comes to mind, we must acknowledge the wrong that was committed against us and then choose to forgive anyhow. Think of it like crossing out an "I Owe You" as though it is now "Paid In Full."

1. Ask God to help you root out bitterness.
2. Think through times when you've been wronged.
3. Repent and forgive.