

## *A Meditation on The Lord's Prayer,<sup>i</sup> Matthew 6. 9-13.*

Jesus said, "Pray Like This." Shall We?<sup>ii</sup>

<i>Jesus told us to pray</i>	<i>Prayerful Meditation on Jesus' Instructive Prayer</i>	<i>Scripture that gives us confidence for our prayer</i>
<b>Our Father, who art in heaven...</b>	<ul style="list-style-type: none"> <li>• Good Father, who made us and knows us completely and forever, thank you for being our Father. Thank you for making us your children.</li> <li>• Thank you, Father, for your Son and Spirit who with you have lavished your love on us and adopted us into your family.</li> <li>• Thank you, Father, for letting me approach you now, even though I am so inconstant in my love for you. Yet you invite me to come and embrace me.</li> </ul> <p><b>Our Father, who art in heaven...</b></p>	<ul style="list-style-type: none"> <li>• <u>You are our Father and I am your child:</u> <b>1 John 3.1:</b> See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!</li> <li>• <u>You, the Son and the Spirit lavishly loved us and made us your children:</u> <b>Roman 8.15:</b> The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." <b>Eph. 1.3-4:</b> Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world....</li> <li>• <u>Though I am inconstant and distracted, you constantly love me as your child:</u> <b>1 John 4.10:</b> This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.</li> </ul>
<b>Hallowed be thy name.</b>	<ul style="list-style-type: none"> <li>• Lord, you are wonderful beyond words, yet you have set your love on us.</li> <li>• Lord, I am your creation, made in your image. You are so wonderful, loving, gracious and pure; but I am so small and my ability to grasp your glory is so poor. How can my praises honor you, unless you transform them, and me?</li> <li>• Lord, you are even gracious in receiving my poor praises because you love me, your child, and because you know it is good for me to praise you.</li> <li>• Forgive me, Lord, that even though you give me the privilege of coming into your awesome presence and you are attentive to me, I am inattentive to you. Now as I pray as your Son told me I could, Lord, give me an attentive heart.</li> <li>• By your Spirit, Lord, help me to praise you in my heart, that I may glorify you.</li> </ul> <p><b>Hallowed be thy name.</b></p>	<ul style="list-style-type: none"> <li>• <u>You are wonderful beyond any words:</u> <b>Deut. 10: 14-15</b> To the LORD your God belong the heavens, even the highest heavens, the earth and everything in it. Yet the LORD set his affection on your ancestors and loved them, and he chose you, their descendants, above all the nations—as it is today.</li> <li>• <u>I cannot grasp your glory, and neither do my praises begin to appreciate you.</u> <b>Ex. 33.20-22:</b> <sup>20</sup>“But,” he said, “you cannot see my face, for man shall not see me and live.” <sup>21</sup>And the LORD said, “...I will put you in a cleft of the rock, and I will cover you with my hand until I have passed by. Then I will take away my hand, and you shall see my back, but my face shall not be seen.”</li> <li>• <u>You even accept and elevate my poor praises:</u> <b>Romans 8. 26-28:</b> <sup>26</sup>Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. <sup>27</sup>And he who searches hearts knows what is the mind of the Spirit, because<sup>28</sup> the Spirit intercedes for the saints according to the will of God.</li> <li>• <u>Forgive me Lord, because as great as you, I ignore and am inattentive to you:</u> <b>Mark 14. 37-38:</b> <sup>37</sup>And he came and found them sleeping, and he said to Peter, “Simon, are you asleep? Could you not watch one hour? <sup>38</sup>Watch and pray...”.</li> <li>• <u>Help me praise you, and glorify you:</u> <b>Psalms 86.12</b> I will praise you, Lord my God, with all my heart; I will glorify your name forever</li> </ul>
<b>Thy Kingdom come.</b>	<ul style="list-style-type: none"> <li>• Lord, gratefully willingly, with all my heart, I align and commit myself to your Kingdom, your plans and your perfect timing in accomplishing your perfect will for all creation. I want only for my world and our world that your good Kingdom will come, and that you will be glorified.</li> <li>• Lord, give me the grace I need to commit myself fully today to you, your kingdom and your glory.</li> </ul> <p><b>Thy Kingdom come.</b></p>	<ul style="list-style-type: none"> <li>• <u>You call me to your kingdom.</u> <b>Matt 6.33:</b> But seek first the kingdom of God and his righteousness, and all these things will be added to you.</li> <li>• <u>You give me the strength and the encouragement I need for your kingdom.</u> <b>Romans 15. 5-6:</b> May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ.</li> </ul>
<b>Thy will be done on earth as it is in heaven</b>	<ul style="list-style-type: none"> <li>• Lord, your timing is perfect. You have perfect purposes to accomplish in your plan for loving us, set from before the foundation of the world.</li> <li>• Lord, what you want, design and are bringing about on earth is perfect, and your accomplishment of your purpose is sure. Nothing else is worthy or good, and nothing else will last.</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Your will for your kingdom is perfect, your plan for it is perfect, your timing is perfect.</u> <b>Hab. 2.3:</b> For still the vision awaits the appointed time; it hastens to the end – it will not lie. If it seems slow, wait for it; it will surely come; it will not delay, and you are not rushed in your perfect plan and timing.</li> <li>• <u>Your plan is assured. Nothing else will happen, and nothing else will do.</u> <b>Rev. 21.1-4:</b> Then I saw a new heaven and a new earth... And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, “Behold, the dwelling place of God is with man. And he who was seated on the throne said, “Behold, I am making all things new.” <u>How can I be of service to your purposes and your kingdom today, Lord?</u></li> </ul>

	<ul style="list-style-type: none"> <li>• Lord, you have given me the undeserved privilege of being invited to serve you, and willingly and gratefully I align myself only to whatever you may want me to do today.</li> <li>• Lord, may I be faithful to the grace you give me today, so that anything I do will further your Kingdom, and glorify you. And I ask you to show me anything I may do to serve you and your kingdom.</li> </ul> <p><b>Your will be done on hearth, as it is in heaven.</b></p>	<ul style="list-style-type: none"> <li>• <u>I gratefully accept the amazing privilege of following you, whatever you want me to do:</u> <b>Matt. 6.10:</b> Your will be done; <b>Mark 1.36.</b> Not what I will, but what you will. <b>Matt 4.19:</b> And he said to them, “Follow me, and I will make you fishers of men.” <b>Mark 10.21:</b> And Jesus, looking at him, loved him, and said to him, “You lack one thing: go, sell all that you have and give to the poor, and you will have treasures in heaven. And come, follow me.”</li> <li>• <u>Lord, grant that I might be faithful for your kingdom and your glory today:</u> <b>2 Cor. 5.18-19:</b> All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: ...And he has committed to us the message of reconciliation. <b>2 Cor. 5.20:</b> We are therefore Christ’s ambassadors, as though God were making his appeal through us.</li> </ul>
<p><b>Give us this day our daily bread,</b></p>	<ul style="list-style-type: none"> <li>• Lord, I praise you for giving us our daily bread. It is all we need today, to glorify you.</li> <li>• I ask your Spirit to keep me from forgetting your power and providence for your purposes; to keep me from lacking in faith as I am immersed in my day, by wanting or desiring resources other than what you provide, which would be for purposes other than what you desire.</li> </ul> <p><b>Give us this day, our daily bread.</b></p>	<ul style="list-style-type: none"> <li>• <u>His daily bread is all we ever need:</u> <b>John 6.35:</b> Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.” <b>Romans 8.32:</b> He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?</li> <li>• <u>Keep me looking to you alone, and for you alone, and not elsewhere:</u> <b>Matt. 6.33:</b> But seek first his kingdom and his righteousness, and all these things will be given to you as well.</li> </ul>
<p><b>And forgive us our trespasses</b></p>	<ul style="list-style-type: none"> <li>• Lord, your Son told me I should come to you today as I have so many times before, and ask you to forgive me again... I humbly come to you.</li> <li>• Lord, forgive me that instead of relying on you and your daily bread, which is everything I need and more than I can ask or imagine, I ignore you and your love. I put my trust in unworthy things, including myself. I ignore and deny your love and power every day.</li> <li>• Lord, you are so good to me, that though I continue to fail you or turn from you to other things, you are always ready to forgive. I humbly acknowledge, Lord, that I do not deserve your continuing grace.</li> <li>• Lord, by your Spirit help me to see clearly how I fail you, and so come to know your great love even more, and respond to you in love and faithfulness.</li> </ul> <p><b>And forgive us our trespasses</b></p>	<ul style="list-style-type: none"> <li>• <u>You forgive our sins us and cleanse us from our frequent failings.</u> <b>1 John 1.8:</b> If we say we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup>If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.</li> <li>• <u>I need your forgiveness, Lord, because I turn away from you.</u> <b>Romans 1.25:</b> [T]hey exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever! <b>Matt. 14: 71-72:</b> But [Peter] began to invoke a curse on himself and to swear, “I do not know this man of whom you speak.” And immediately the rooster crowed a second time. And Peter remembered how Jesus had said to him, “Before the rooster crows twice, you will deny me three times.” And he broke down and wept.</li> <li>• <u>Lord, I rely on your forgiveness, which demonstrates your power, purpose and love.</u> <b>Isaiah 59: 20-21:</b> The Redeemer will come to Zion, to those in Jacob who repent of their sins,” declares the LORD. <sup>21</sup>“As for me, this is my covenant with them,” says the LORD. “My Spirit, who is on you, will not depart from you, and my words that I have put in your mouth will always be on your lips, on the lips of your children and on the lips of their descendants—from this time on and forever,” says the LORD.</li> <li>• <u>Strengthen me Lord, that I may truly know my failings, and so truly know the depth of your love.</u> <b>1 Cor. 13:12:</b> For now we see in a mirror dimly, but then face to face. Now I know in part; but then I shall know fully, even as I have been fully known. <b>Eph. 3. 16-19</b> ...[A]ccording to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.</li> </ul>
<p><b>As we forgive those who trespass against us.</b></p>	<ul style="list-style-type: none"> <li>• Lord, bring to mind anyone I have not forgiven, against whom I hold a grudge, or whom I judge.</li> <li>• Lord, please make me aware of my routine unfaithfulness to you and your constant forgiveness for me, that I may always be ready to forgive others.</li> <li>• Lord, let me look to you and not others to heal my known and unknown wounds, that make it hard for me forgive others.</li> <li>• Lord, I confess that I look to others, rather than to you, for your daily bread and sustaining love. I judge them because what I seek from them cannot satisfy me, as your daily bread would. Forgive me</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Make me aware of anyone I have not forgiven:</u> <b>Matt. 18.21:</b> <sup>21</sup>Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” <sup>22</sup>Jesus answered, “I tell you, not seven times, but seventy-seven times.” <u>Make me aware of my own sinfulness, that I may more readily forgive others.</u> <b>Matt. 18. 32-35:</b> <sup>32</sup>“Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to. <sup>33</sup>Shouldn’t you have had mercy on your fellow servant just as I had on you?’ <sup>34</sup>In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed.<sup>35</sup>“This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.”</li> <li>• <u>Make me aware of your unbounded love toward me, that I may not judge others.</u> <b>Luke 15. 28-32:</b> <sup>28</sup>“The older brother became angry and refused to go in. So his father went out and pleaded with him. <sup>29</sup>But he answered his father, ‘Look! All these years I’ve been slaving for you and never disobeyed your orders. Yet you never gave me even a young goat so I could celebrate with my friends. <sup>30</sup>But when this son of yours who has squandered your property with prostitutes comes home, you kill the fattened calf for him!’ <sup>31</sup>‘My son,’ the father said, ‘you are always with me, and everything I have is yours.</li> </ul>

	<p>Lord, and free me to free them from my wrong expectations.  <b>As we forgive those who trespass against us.</b></p>	<p><sup>32</sup>But we had to celebrate and be glad, because this brother of yours was dead and is alive again; he was lost and is found.”</p>
<p><b>And lead us not into temptation</b></p>	<ul style="list-style-type: none"> <li>• Lord, I take you and all your generosity for granted, and am tempted to look elsewhere when your daily bread is all I need. Keep me from straying from you.</li> <li>• Lord, make alert me because I am dull of mind or selfish of spirit. Keep me from small steps of unfaithfulness that would ease me toward a kingdom other than yours, or to satisfy myself in some impoverished way.</li> <li>• And Lord, strengthen my character and my will to follow only you, that I might grow in faith and the fruits of the Spirit, for your glory; and that I might decrease in fruits of any desire that is not redeemed to the beauty of your love and glory.</li> </ul> <p><b>And lead us not into temptation</b></p>	<ul style="list-style-type: none"> <li>• <u>Keep me from temptation to look to anyone but you, Lord.</u>  <b>Prov. 30.8-9:</b> [G]ive me neither poverty nor riches, but give me only my daily bread. Otherwise, I may have too much and disown you and say, ‘Who is the LORD?’ Or I may become poor and steal, and so dishonor the name of my God.  <b>Gen. 2.16-17, 3.6:</b> <sup>2:16</sup> And the LORD God commanded the man, “You are free to eat from any tree in the garden; <sup>17</sup> but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.” <sup>3:17</sup>When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.</li> <li>• <b>Judges 8.27:</b> Gideon made the gold into an ephod... [I]t became a snare to Gideon and his family.</li> <li>• <u>Keep me alert to temptation.</u>  <b>Romans 12.2:</b> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will</li> <li>• <u>Strengthen my character against temptation.</u>  <b>Gal. 5. 19-25:</b> Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these... But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit.</li> </ul>
<p><b>But deliver us from evil.</b></p>	<ul style="list-style-type: none"> <li>• Lord, remind me that there is true Evil in the world, which opposes you, your Kingdom, and even me when I am following your will.</li> <li>• In faith, and in your power, and as you directed, in the name of Jesus I bind Satan from his attempts to oppose your will, your Kingdom, your people or me.</li> </ul> <p><b>But deliver us from evil.</b></p>	<ul style="list-style-type: none"> <li>• <u>Evil forces oppose you, Lord, and me. But they are no match for you.</u>  <b>1 Peter 5.8:</b> Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.  <b>James 4.7:</b> Submit yourselves, then, to God. Resist the devil, and he will flee from you.  <b>1 John 4.3-4:</b> <sup>3</sup> [E]very spirit that does not acknowledge Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming and even now is already in the world. <sup>4</sup> You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.</li> </ul>

<sup>i</sup> Compiled by Rick Campanelli.

<sup>ii</sup> On how intercession should arise from worship, from *My Utmost for His Highest, March 30*: “He...wondered that there was no intercessor” (Isaiah 59.16) ... Worship and intercession must go together; one is impossible without the other. Intercession means raising ourselves up to the point of getting the mind of Christ regarding the person for whom we are praying (Phil. 2:5). Instead of worshiping God, we recite speeches to God about how prayer is supposed to work.... Are we worshiping God in a way that will raise us up to where we can take hold of Him, having such intimate contact with Him that we know His mind about the ones for whom we pray? Are we living in a holy relationship with God...?”