

Scripture teaches us that prayer is an essential part of a life devoted to God. Through prayer we can thank God, speak to God, make requests, hear from God, and most importantly grow in knowing God and being known by Him. 1 John 5:14-15 states that those who pray according to the will of God will have their prayers answered. Jesus being the second person of the Trinity and God Himself, always walked and prayed according to the will of God. Therefore, we can be sure that His prayers always modeled a faith that we should aspire to. In Matthew 6:9-13, Jesus teaches His disciples how to pray through what we now know as The Lord's Prayer. Of course, scripture says that we should "pray without ceasing" (1 Thessalonians 5:17), but here we will use The Lord's Prayer as a way to list things that we would like to make a daily habit of praying to God.

Seven Steps to Prayer

1. Welcome the Holy Spirit to fill you anew, to soften your heart, to speak to you, and to guide you in prayer both now and throughout the rest of the day.

Take a moment to silently listen, then pray in the Spirit and address anything the Holy Spirit brings to mind.

"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." -Romans 8:26

2. Our Father in heaven, hallowed be Your name.

Spend time acknowledging God and praising Him for who He is (example: Lord God, You are Holy, Just, and Kind).

"For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" -Romans 8:15

3. Your kingdom come, Your will be done, on earth as it is in heaven.

Take a moment to surrender your own desires and plans for your life to God, then pray for the conviction, salvation, healing, purpose, and blessedness of others (example: I surrender my time, bless the poor, and use me if You will.)

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths." -Proverbs 3:5-6

4. Give us this day our daily bread.

After surrendering to God's will for your life, take a moment to ask Him to give you what you need just for today to accomplish His will (example: Lord, please give me enough money to pay my rent and strength to do my work).

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." -Philippians 4:6

5. Forgive us our debts, as we also have forgiven our debtors.

Ask God to search your heart and to bring to light any sin, confessing each one to be done with them. Then deeply receive His forgiveness, meditating on the cleansing blood of Jesus shed for us all, and how you can be an example of God's mercy to others, even those who have wronged you, and forgiving them from your heart as God does.

"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!" -Psalm 139:23-24

6. And lead us not into temptation, but deliver us from evil.

Plead humbly for God's gracious guidance. Acknowledge your weakness and ask that God would deliver you and other believers around the world from temptation and evil, so you can freely enjoy Christ and share Him with others.

"Put on the whole armor of God, that you may be able to stand against the schemes of the devil... keep alert with all perseverance, making supplication for all the saints" -Ephesians 6:11,18

7. For Yours is the kingdom, the power, and the glory forever and ever.

Join the angels and saints in honoring the only God who is, has been, and always will be.

"Holy, holy, holy, is the Lord God Almighty, who was and is and is to come!" -Revelation 4:8

In Jesus' Name, AMEN.

(translated "Let it be so.")