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Ingredients of Prayer

Now that we know the essential nature of prayer, we then make the same request as the Lord's own disciples made, *"One day Jesus was praying in a certain place. When He finished, one of His disciples said to Him, "Lord, teach us to pray, just as John taught his disciples."* (Luke 11:1)

Prayer is communication, personal and intimate, and yet it has structure. Jesus answered their request by giving them the formula or ingredients of all prayers.

This, then, is how you should pray

Our Father, which art in heaven,

- Jesus was teaching that God the Father is the One to whom we pray. Why?
 - Matthew. 6:26
 - James 1:17
- God the Father's main role then is what?

Hallowed (holy) be your name,

- The first thing we are called to do is acknowledge who we are coming before. Why is this so important?
 - Psalms 103:1
 - Psalms 145:21
- What else can we praise God concerning?

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

- Still, before we begin asking the Lord for what we need, we are told to acknowledge this.
- What does this mean? Why would you need to pray this? Read 1 John 2:17.

Give us today our daily bread.

- Now we are told to bring our personal needs. Why "daily bread"; what does this indicate regarding the dependence we need to have? Read Proverbs 30:8.

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

- What are we praying for here regarding ourselves? And others? Read Matthew 6:14.

And lead us not into temptation,

We know that God does not tempt us; this means rather "keep me out of areas that would tempt me." Why is this so important? Read Mark 14:38.

But deliver us from the evil one.

- Satan is a constant enemy and spiritual protection is a necessary element of our daily lives (1 Peter 5:8).
- The final instruction came a few verses later: John 16:23
- Many times you will hear people end a prayer by saying, "in Jesus name, Amen". What does that mean? Read Jude 25.
- Amen is a transliteration from the Greek word "Amean" meaning "truly" and is your agreement to the prayer.

Homework

Memorize:

Then you will call upon me and come and pray to me, and I will listen to you.

~ Jeremiah 29:12

NOTES
