

The Lord's Prayer

Use the following to work through the Lord's Prayer and spend an hour with God.

"Our Father in Heaven"

- Allow the truth that you have been called first and foremost to be God's child to touch your heart afresh.
- Receive your Father's embrace as you draw near to Him, knowing that His desire is to bless you.

"Hallowed be your name"

- Write down words describing some of the attributes of your Heavenly Father, dwell on one of them, and allow this word to lead you into worshipping Him.
- Continue to worship with as many of the words as you choose to use.

"Your kingdom come, Your will be done on earth as in heaven."

- Invite the Lord to "reign over" every part of your life:
 - your relationship with him,
 - your relationships with other people,
 - your ministry, your time, your money/resources, your body...
- Invite the Lord to reign over where you spend your days and to use you as His witness wherever you are.
- Pray for a couple of people that you know who aren't yet Christians that they would come to know His love.
- And finally pray for somewhere in the world that is on your heart.

"Give us today our daily bread"

- As the Lord provided manna in the desert on a daily basis for the Israelites so he has promised to provide for our needs.
- Spend some time bringing your own personal situation to the Lord and ask Him to provide you with what you need.
- Ask the Lord to provide for the needs of those you know who have very little or who are suffering in any way.

"Forgive us our sins as we forgive those who sin against us"

- Pray the words below from Psalm 139 and allow the Lord to show you any sins that you need to confess.

"Search me, O God, and know my heart; test me and know my anxious thoughts.

See if there is any offensive way in me, and lead me in the way everlasting."

(Psalm 139:23-24)

- Receive the Lord's forgiveness and his words and hear his words
"Your sins are forgiven"
- Having been forgiven, ask the Lord to show you anyone you need to forgive. Choose to forgive them *(using the forgiveness prayer below)*

Forgiveness Prayer

Lord I choose to forgive.....*(name the person)*

For.....*(what they did or failed to do)*

Which made me feel.....*(verbally tell the Lord every hurt and pain He brings to Your mind)*

I hand over this person to You believing that you paid for their sin as well as mine when you died on the cross.

I choose not to hold on to my resentment any longer.

I ask you to bless.....*(name the person)*

Please come and heal my damaged emotions.

In Jesus' name.

Amen.

"Lead us not into temptation but deliver us from evil"

Ask the Lord to protect you from the main temptation that you face (be it money, sex, power or something else) and to keep your eyes on Him. Use the pray below to cover yourself with the armour of God:

Pray through the Armour of God

Father God

*I put on the **belt of truth** around my waist. Help me to listen to and act on your truth alone, and not be deceived by the devil's lies.*

*I put on the **breastplate of righteousness**. Thank you that because of the cross I can be righteous in your sight. Help me live my life in a way that honours you.*

*I put on the **shoes of the gospel of peace**. Lord, I am willing to go anywhere you ask and do anything you ask of me.*

*I stand behind the **shield of faith**, secure in the knowledge of your goodness, love and power.*

*I place the **helmet of salvation** on my head. Thank you that all the riches of heaven are mine in Jesus.*

*I take up the **sword of the Spirit**. Bring your word to my mind as I need it for the glory of your name.*

Amen.

"For the Kingdom, the power and the glory are yours, now and forever. Amen"

One day we will see the Lord face to face in all of His glory. Ask the Lord to show you one thing in your life that you need to change before that day comes.

Scripture promises that one day God will reward us for the ways that we have faithfully loved,

served and obeyed Him.

As we come to the end of this prayer, remembering that from the beginning to the end it is “all about Him”, invite the Lord to fill you again with His Holy Spirit so that you can live for His glory