

Praying the Lord's Prayer

Matthew 6:5–15; Luke 11:1–4

Introduction:

The disciples asked for help in their prayers. Jesus gave them what we call the Lord's Prayer. Digging in to the Lord's Prayer has transformed my own approach to prayer, and I want to help others dig in.

Comparing the versions in Luke and Matthew, it seems clear that this was an outline Jesus taught on different occasions. There is a form of address and then five petitions. Using the traditional wording, here is how to pray the Lord's Prayer:

1. Learn it.

- There is great value in memorizing the words of the prayer, particularly if it comes from Jesus himself.
- Make sure that our children know it.

2. Say it.

- Say it at home.
- Say it at church.

3. Pray it.

Use your hand to pray through the prayer:

- The palm, tying together all the fingers, is the way we speak to God: *Our Father who art in heaven.*
- First, we honor and worship God: *hallowed be thy name.*
- Second, we pray for the kingdom to come, which means *thy will be done on earth as it is in heaven.*
- Then we pray for our needs, ours and our neighbors': *give us this day our daily bread.*
- And we pray for the forgiveness of our sins/debts, *as we forgive our debtors.*
- And we pray for guidance and deliverance from the evil (one).
- End the prayer with a doxology (added by the early church).

Conclusion: You are welcome to request a one-page expansion of the Lord's Prayer ([available on the New Life website](#)) for personal or group use. Pray with me now, using the Lord's Prayer as an outline.