

Practice of Prayer

Overview

Pete Grieg begins his book *How to Pray* with this bold statement: “Prayer is the most important activity of our lives.” The reason he says that is because prayer is fundamentally about a relationship with God and is a primary way we develop this relationship. As we spend time with Jesus in prayer something happens in us. Prayer changes us. It reminds us of who God is, reminds us of our identity in Christ, and creates a humble dependence on God in every area of our lives. Prayer also brings peace, strength, courage, and rest, refreshing our souls. It gives us spiritual eyes to see our situation.

Praying Using the Lord’s Prayer as a Guide

Choose a time and location to spend time with Jesus. Matthew 6:6 in the Message paraphrase says, “Here’s what I want you to do: Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.”

Matthew 6:9 | “Our Father in heaven, may your name be kept holy.”

- Begin praying with adoration and praise of the character of God. This orients us and changes our perspective.

Matthew 6:10 | “May your Kingdom come. May your will be done on earth, as it is in heaven.”

- After we acknowledge God for who He is Jesus teaches us to surrender and yield to His will.

Matthew 6:11 | “Give us today our daily bread”

- Once we’ve praised God for who He is, we submit our will to His and then we ask God for our desires, wants, and needs. It is biblical to pray for our desires, but if God wills something different than what we are asking, we can trust that God’s ways are better than our ways and if we are asking for something that would not be best for us, then God won’t give it to us.

Matthew 6:12 | “and forgive us our sins, as we have forgiven those who sin against us.”

- We confess and forgive because unconfessed sin and unforgiveness can block our prayers. Ask God to bring to mind any unconfessed sin or if there is someone you need to forgive.

Matthew 6:13 | “And don’t let us yield to temptation but rescue us from the evil one.”

- We are in a spiritual battle. Ever wonder where temptation comes from? Ever wonder why you make bad decisions? Ever wonder why you believe lies about yourself – that you aren’t good enough, smart enough, or have enough friends? One of the great promises in the Bible is that Jesus is God with us in the fight. We have victory over sin and death through Jesus.

Going Deeper Resources

- *How to Pray: A Simple Guide for Normal People* by Pete Grieg
- Lectio 365 App for Phone (free)