

The Lord's Prayer HANDOUT

INSTRUCTIONS: Each line of the Lord's Prayer is represented below (by letter). Match each line with one (or more) of the components listed below by writing the numbers next to the letters. (NOTE: This handout uses the Lord's Prayer that is found in Matthew 6, which is the version most churches, including ours, use in worship)

- a) Our Father in heaven, hallowed be your name.
- b) Your kingdom come. Your will be done, on earth as it is in heaven.
- c) Give us this day our daily bread.
- d) And forgive us our debts (sins), as we forgive our debtors (those who sin against us).
- e) And do not bring us to the time of trial, but rescue us from evil.
- f) *[For Yours is the kingdom and the power and the glory forever. Amen.]**

Components of prayer used in the Lord's Prayer

Put the number of the component that you think best describes each line above or next to the lines above. Feel free to put more than one number next to a verse.

1. Invitation (invite God into you and your life)
2. Praise (tell God what you think God is doing well)
3. Introduction (address who you are speaking to)
4. Forgiveness (to receive it and to give it)
5. Asking for help (Petitioning)
6. Discernment / Direction

*FYI: This line is not in the scripture passage that we read.

COMPONENTS of Prayer

- **The Intro -- (“Our Father”)**
 - Prayer starts just like any other conversation: We address the person – we say their name or title.
 - I usually say “Hi God” or “Hello God” in my own prayers.
 - When praying for a group, I usually go more formal and say, “Dear God”
- **Give praise – (“Hallowed be your name”)**
 - When praying, it’s helpful for us to tell God things that we think God is doing well / is good at / that we appreciate about God.
 - Why would we do this?
 - Because it helps us remember / practice looking at how God is at work.
 - It also helps us to give God credit when we otherwise might not.
 - Finally, prayer can often become a list of “Give me this, give me that.” This is the part where we remember what we’ve already received.
- **Invite God into your life -- (“Your kingdom come, your will be done on earth as it is in heaven”).**
 - The Kingdom of God is wherever God is allowed to be king. God does not force God’s will upon us, so we have to invite God’s will into our lives.
 - One way we can invite God in to our lives is by sharing a problem we’re facing / are worried about and then telling God, “I would like your help / wisdom with dealing with this problem. Help me to know your will.
 - Another way we can invite God into our lives is to ask that we would know how to share God’s love / care with others during the day
- **Ask for help / petitioning -- (“Give us this day our daily bread”)**
 - What are you struggling with? What are you scared of? What do you want to know? Ask God for help with those things.
 - God wants to help us and asking for help is part of the conversation that is prayer. So ask away! But understand that “No” or “Now is not the time” or “Consider this other idea instead” are valid responses you might hear in response from God.
- **Forgiveness – (“Forgive us our debts as we forgive our debtors”)**
 - Forgiveness is a key component of the Kingdom of God. And what we see in Jesus’ summary of the Kingdom of God is that we have to receive it before we can give it.
 - Sometimes, asking God for forgiveness can seem forced or contrived – because you don’t think you’ve done anything that needs forgiving. If that’s what it seems like for you, then you can
 - 1. Thank God for the gift of forgiveness
 - 2. Ask that if there are ways that you are acting / living that are hurtful to you or to others, that God help you to see it
 - Remembering to ask for and seek forgiveness isn’t ultimately about thinking you are a terrible, sinful person. Instead, making forgiveness part of your prayer life is a reminder that God won’t let anything keep you and God separate from each other. Because that’s what forgiveness does – it removes the barriers that are between the two sides in a relationship.
- **Discernment / listening (“Do not bring us to a time of trial”)**
 - How can God bring us anywhere if we are not seeking God’s direction and discernment?
 - This line is a reminder that we want to know God’s direction for us, and so we have to listen – which is the other part of a conversation, right? We talk and we listen. This line is the reminder that we have to listen, too, when we pray!
 - As for what the line actually means, I often read this line in my head as “Ok, God – I’m listening for you and your words, but go easy on me! Nothing too tough right now”

