**The Quiet Hour #9**

The Model Prayer

**Matthew 6:9-13**

 In the Sermon on the Mount, Jesus devoted a considerable amount of His teaching to the subject of prayer. Included in that teaching is what is often referred to as “The Lord’s Prayer.” Without sounding controversial, it must be understood that this was not a prayer that Jesus prayed for Himself. Rather, He used this prayer to teach His followers how they should pray. He introduced the prayer by saying, *“After this manner therefore pray ye….”*

In just 66 words, Jesus laid out a wonderful pattern of prayer.

 During this Quiet Hour, you will not only read through and think through this beautiful prayer, but you will pray through it. Pray it as if it is your own prayer. Personalize each part, making it an expression of your desire to the Lord.

**Section 1**

* *“****Our Father*** *which art in heaven, hallowed be Thy name.”* (v. 9)

**First** – Recognize that you are addressing God like a child speaking to a father (Rom. 8:15, I John 3:1). List several blessings that come with being a child of God.

**Next** – Take a moment to specifically thank your Heavenly Father for these personal blessings.

**Last** – Choose a favorite name for God found in Scripture. Tell your Heavenly Father why that name is special to you.

 Name and Reference:

**1**

**Section 2**

* *“****Thy kingdom*** *come,* ***Thy will*** *be done in earth, as it is in heaven.”* (v. 10)

**First** – This first statement is an acknowledgement that God rules, not just in the kingdoms of this world, but in the kingdom of the heart. It is a statement of **SUBMISSION** to His authority over your life.

 Read Psalm 145:13 and apply it to your own life

**Next** – This statement is an acceptance of God’s will. It is a statement of **SURRENDER** to His agenda for your life.

 Read Psalm 143:10 and make it your personal prayer.

**Last** – Consider this: Prayer is not simply the means by which we convince God to give us what we desire, rather it is the means by which our desires are aligned with the desires of God that His will may be accomplished.

**Section 3**

* *“Give us this day our* ***daily bread****.”* (v. 11)

 In this section of the prayer, Jesus speaks of praying for the personal necessities of life. Though He specifically referenced *“bread”*, He was talking generally about praying for all things that are needed.

**First** – Before preparing your “list”, take a moment to notice what Phil. 4:6 says we are to do in prayer with our needs.

**Next** – Prepare your “list” by writing down several specific requests for each area of need.

* Physical (your health)

**2**

* Financial (income, debt, payments)
* Family (your marriage, children)
* Emotional (fears, struggles)
* Vocational (education, job)

**Last** – Have a conversation with God in prayer and talk to Him about each of the things you have written down on your “list”.

**Section 4**

* *“And* ***forgive us*** *our debts, as* ***we forgive*** *our debtors.”* (v. 12)

**First** – In your Bible, highlight the words *“forgive us.”* This emphasizes the need to be forgiven of the wrongs committed against God and others.

* Is there an unconfessed sin? (I John 1:9)
* Is there a secret sin? (Ps. 19:12)
* Is there a besetting sin? (Heb. 12:1)

**Next** – In your Bible, highlight the words *“we forgive.”* This emphasizes the need to grant forgiveness to others who have wronged us. (Matt. 6:14-15)

* Is there someone who has wronged, hurt, or offended me?
* Do I feel anger or bitterness toward them?
* Am I willing in my heart to forgive and release that person?

**Last** – Take time to talk to God about these heart searching questions and your honest answers to them.

**3**

**Section 5**

* *“And* ***lead us*** *not into temptation, but* ***deliver us*** *from evil…”* (v. 13)

**First** – Turn in your Bible to I Chron. 4:10 and observe the prayer of a man named Jabez who prayed a similar prayer.

**Next** – Make this prayer your own.

**Last –** Pray your own prayer for protection from sin

 **Dear God**:

 -Please protect my **EYES** that I may not look upon any sinful picture or image.

 -Please protect my **EARS** that I may not listen to any sinful word or sound.

 -Please protect my **MIND** that I may not think any sinful thought.

 -Please protect my **FEET** that I may not go any sinful place.

 -Please protect my **HANDS** that I may not do any sinful deed.

 -Please protect my **HEART** that I may not have any sinful desire.

 -Please protect my **ATTITUDE** that I may not show any sinful reaction.

**Section 6**

* *“For Thine is* ***the kingdom****, and* ***the power****, and* ***the glory*** *forever. Amen.”* (v. 13)

**First** – In your own words, acknowledge that God is **eternally sovereign in His position**. (*“the kingdom”*)

**Next** – In your own words, acknowledge that God is **eternally supernatural in His power**. (*“the power”*)

**Last** – In your own words, acknowledge that God is **eternally supreme in His preeminence**. (*“the glory”*)

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**In Conclusion** – As you become more familiar with this model prayer, allow it to become a pattern that you follow in your own personal prayer life.

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