

# How to Pray

Jesus exemplified a personal relationship with God through prayer that gave Him great strength. On one occasion, His followers - known as the disciples - asked Him to teach them how to pray.

So, if you're not sure how to pray, you can use the model Jesus gave them!  
(See Luke 11:1; Matthew 6:9-13)

He taught them what has become known as 'The Lord's Prayer':

Our Father in heaven  
Hallowed be Your Name  
Your kingdom come, Your will be done  
On earth as in heaven  
Give us today our daily bread  
And forgive us our sins as we forgive those who have sinned against us  
Lead us not into temptation but deliver us from evil  
For Yours is the kingdom, the power, and the glory  
Forever and ever  
Amen

We can use these very same words when we pray - or we can use this prayer as a model so that, when we pray, take each of the following in turn:

- Connect with God relationally ('Our Father in heaven')
- Recognize who He is ('hallowed be Your Name')
- Pray *His* agenda first ('Your kingdom come, your will be done')
- Depend on Him ('Give us today our daily bread')
- Keep your heart right ('Forgive us our sins, as we forgive...')
- Take a stand against the enemy ('Lead us not into temptation but deliver us')
- Have faith in God's ability (For Yours is the kingdom, the power, and the glory')

When you pray, talk to God like you would a friend or relative, but with reverence. After all, the Bible teaches us that He is Holy and Almighty, but that He is also God the Father, who calls us His children, adopts us into His family, and - through Jesus - calls us friends.

*Recommended Reading:*

God on Mute - by Pete Greig

Too Busy Not to Pray - by Bill Hybels