



**“Teach Us to Pray”**  
*Matthew 6:9-13*

Do you ever struggle in prayer? Some struggle with whether or not their prayers really matter. Some struggle with what to say and how to pray. Some struggle with staying focused — with their minds wandering off — in prayer. Or is that we all struggle at some time with these things? Perhaps this is why the disciples asked Jesus to teach them to pray (Lk. 11:1-4). In this model prayer that Jesus offered, he encouraged his disciples to follow his lead in prayer. There’s nothing wrong with reading or reciting this beautiful prayer, if the words comes from the heart, but there’s also much to learn about how to pray from this beautiful prayer. Let’s look at five, encouraging lessons from the Lord’s Prayer.

**Prayer involves personal communication to our personal, holy, and heavenly Father (9).**

The opening words of the prayer of Jesus were radical words to the ears of a first century Jew: “Our Father!” Out of all of the beautiful names and titles ascribed to the Lord our God, Jesus picked “Father” as the title for his disciples to use as they prayed. Why? Because they would pray to God through Jesus, God’s Son! This is the way that Jesus talked to his Father as he prayed often here on earth, so it was the natural way for him to teach us to truly pray. Prayer for Jesus was personal communication with his Father. Through Christ, prayer for us is personal communication with our Father. At this same time, Jesus recognized and he taught that while God was our personal Father, he was also set apart as our Father in heaven, who is holy and deserving of honor and glory. Christian prayer — coming to the Father through the Son — is personal communication to our personal, holy, and heavenly Father.

1. Read verse 9. Discuss what this verse says. In teaching us to pray, why do you think Jesus started his model prayer this way? What does this teach us today about prayer?
2. How do you use this verse in your prayer life? Do you recite it? Do you use it to help you focus on who God is and his worthiness of our worship, or something else? Share; discuss.

**Prayer involves surrender to our King and his plans for our lives here on earth (10).**

God is not just our Father in heaven, but he’s also the King of his kingdom! Jesus taught his disciples to pray that the King’s kingdom would come. They were waiting for the fullness of God’s kingdom to be established on earth, which God had promised, so Jesus encouraged them to pray on the fulfillment of that promise. Additionally, Jesus taught them to surrender to God’s will in their lives, seeking God’s plans to be accomplished on earth as it is in heaven. What does that mean? How is God’s will accomplished in heaven? Does anything in heaven stand in the way of it? Is anyone in heaven opposed to it? Can anything in heaven stop the will of God? The obvious answer to those question is “no!” In the same way, Jesus teaches us to pray God’s will be done in *that* way here on earth!

1. Read verse 10. Discuss what this verse says. In teaching us to pray, why do you think Jesus emphasized desire for God’s kingdom and surrender to God’s will? What does this teach us today about prayer?

2. How do you use this verse in your prayer life? Do you recite it? Do you use it to model your prayer for God's kingdom work and for surrender to his will? Share; discuss.

**Prayer involves looking to our Provider for all that we need in life (11).**

For the child of God living in the kingdom of God, God is our provider. Jesus modeled these words, and he shared these words in teaching his disciples to pray. The prayer is almost a demand, emphasizing the reality of dependence on God alone for the basic necessities of life. The words in verse 11 are specific, focused on the specific needs of the day for sustenance and survival. Where is my food for the day going to come from? The answer is God! Jesus invited the disciples to come to the Father through him with a true dependence on God for everything that they needed in life. God is our Provider! He is the ultimate source of all that we need for life, so don't look anywhere else. Look to your Provider for all that you need in life.

1. Read verse 11. Discuss what this verse says. In teaching us to pray, why do you think Jesus emphasized the importance of calling on God for the daily necessities of life? What does this teach us today about prayer?
2. How do you use this verse in your prayer life? Do you recite it? Do you use it to guide your supplication for the things that you need and that others need? Share; discuss.

**Prayer involves seeking forgiveness for our sins and remembering we must forgive (12).**

Jesus' ministry was focused on proclamation, calling people to repent and to believe as he proclaimed the good news of the kingdom of God. Repentance and faith are intimately connected because sin is intimately connected to our lives. The words of Jesus offered an unbelievable blessing, which was the ability to directly go to God to ask for forgiveness of our sin! How would this be possible? It's only possible through his Son, Jesus, who has the power to forgive sin and who would pay the penalty of death for our sin. Jesus told his disciples that they could go to God to ask for this forgiveness. However, he also reminded them that because God forgave their sin, they must forgive others who sin against them! How could they expect God's forgiveness in their lives if they were unwilling to forgive others? Today, prayer still involves seeking forgiveness and giving forgiveness.

1. Read verse 12. Discuss what this verse says. In teaching us to pray, why do you think Jesus emphasized the need to ask for forgiveness and the requirement to offer forgiveness? What does this teach us today about prayer?
2. How do you use this verse in your prayer life? Do you recite it? Do you use it to guide your time of confession and dealing with issues of forgiveness towards others in your heart? Share; discuss.

**Prayer involves dependence on God for the protection and deliverance we need (13).**

Finally, Jesus led his disciples to learn how to pray for God's protection and deliverance in their lives. He knew that his disciples would continue to face temptation in their lives, so he taught them to depend on God and to ask God for protection from temptation in their hearts. He also knew that Satan would continue to attack and to fight against his disciples, so he taught them to depend on God for deliverance from Satan and his work of evil in this world. As Jesus would display in his ministry on this earth, the battle is spiritual and not just material. Believers must realize and never forget that there's a spiritual battle being fought, but believers must also remember that we can call on God for the protection and deliverance we need!

1. Read verse 13. Discuss what this verse says. In teaching us to pray, why do you think Jesus pointed to our need for God's protection? What does this teach us today about prayer?
2. How do you use this verse in your prayer life? Do you recite it? Do you use it to guide your prayer for protection of faith and God's work in your life and in his church? Share; discuss.