

60 MINUTE PRAYER GUIDE

The Lord's Prayer



24-7 PRAYER UK
PRAYER // MISSION // JUSTICE

Ask God to help you pray...and read the Lord's Prayer in Matthew 6:9-15

'THIS, THEN, IS HOW YOU SHOULD PRAY...'

Approach (15 minutes)

'OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME...'

Think of all the names you've heard God called (*if you need inspiration why not read: Genesis 21:33, Exodus 3:14, Judges 6:24, Deuteronomy 7:9, Deuteronomy 10:17, Isaiah 5:16, Psalm 136:26, Isaiah 7:14 & John 8:58.*)

Which name do you mostly use when speaking to God? "What comes into our minds when we think about God is the most important thing about us." A.W. Tozer. Do you use the name 'Father'?

Read Matthew 7:9-11. How does your identity as God's child affect the way you approach him now?

// Why not imagine that you are sitting with God? Reflect on James 1:17 and on the truth that his goodness does not change.

YOU WILL NEED:

- BIBLE
- PEN
- PAPER
- POST IT NOTES
- BOWL OF WATER & A STONE

Ask (15 minutes)

'YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN. GIVE US TODAY OUR DAILY BREAD.'

Read Matthew 6:10-11. Write down the people names, situations and places you want God to move in on the post-it notes. Include anything that has been worrying you or needs that you have. Ask God to teach you to pray in his will for his kingdom in each of these situations.

// Why not create a prayer wall in the room you are in by sticking the notes up? As you reflect on them, thank God that your needs are in his hands.

Examine (15 minutes)

'FORGIVE US OUR DEBTS, AS WE ALSO HAVE FORGIVEN OUR DEBTORS. AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE.'

Read Matthew 6:12. Think back through your last 24 hours, the things you've done and the people you've met. Ask the Holy Spirit to highlight things you've done wrong. Next ask the Holy Spirit to show you times you should have acted and did not.

// Try holding a stone in your hand and thinking about the things you have done wrong, then, slowly release the stone into a bowl of water.

Thank God for forgiving you. Is there someone you need to forgive today? Ask God to show you who, and as thoughts come to mind, repeat the process.

Extol (15 minutes)

'FOR YOURS IS THE KINGDOM, THE POWER AND THE GLORY FOR EVER AND EVER.'

Stand and speak the names of God out loud adding after each one why this is true in your life (i.e. I know you're my provider because you provided for the debts I needed to pay).

// Write a song or poem on paper that expresses your love to the Father. Look up the Psalms for inspiration. your needs are in his hands.

As you leave the 24-7 Prayer Room repeat these words to yourself: "Seek first his kingdom and his righteousness, and all these things will be given to you as well..." Matthew 6:33

AMEN

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