

60 minutes of prayer

The Lord's Prayer



All you need is: a Bible, some paper, a pen, a bin.

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

APPROACH: 15 MINUTES

- Read Matthew 6:9: ***Pray then in this way: Our Father in heaven, hallowed be your name.***
- Think of all the names for God you've heard. 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 most 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). How often do you use the name 'Father'?
- Read Matthew 7:9-11: ***Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!***
- How does your identity as God's child affect the way you approach Him now?

ASK: 15 MINUTES

- Read Matthew 6:10-11: ***Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread.***
- Write your name in the centre of a sheet of paper.
- Surround it with the people, situations and places that you want God to move in. Include anything that has been worrying you.
- Ask God to teach you to pray in His will for His kingdom in each of these situations.
- Make a paper aeroplane out of what you've written and as you throw it across the room thank God that He has your whole life and all your requests in His hands.

REFLECT: 15 MINUTES

- Read Matthew 6:12: ***Forgive us our debts, as we also have forgiven our debtors.***
- Think back through your last 24 hours, the things you've done, 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.
- Write everything that has come to mind on a piece of paper.
- As you say sorry, tear up the sheet of paper and throw it into the bin or feed it through a shredder. Thank God for forgiving you.
- Is there someone you need to forgive today? Ask God to show you who.

PRAISE: 15 MINUTES

- Read Revelation 1:5-6: ***To him who loves us and freed us from our sins by his blood, and made us to be a kingdom, priests serving his God and Father, to him be glory and dominion for ever and ever. Amen.***
- Stand and speak the names of God aloud 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 that expresses your love to the Father. If you need to, find inspiration from the book of Psalms and modern day worship songs.

End by praying St Patrick's prayer:

I arise today through the strength of heaven...

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise. Christ in the heart of everyone who thinks of me. Christ in the mouth of everyone who speaks of me. Christ in every eye that sees me. Christ in every ear that hears me.

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