

THE LORD'S PRAYER--DAILY EXERCISE

A. *Our Father, Who art in Heaven*

1. Reflect on what it means to call God by the name Father
 - that he is present as I pray
 - that he welcomes me as his child
 - that I am united to his Son, Jesus, and through Jesus to the Father
 - that the Spirit is now at work in my heart
2. Reflect on who I am today
 - that I am clothed in the righteousness of Christ
 - that I am at the same time a sinner who needs to repent to a Father who still welcomes me back
3. Be still and know that I am loved by my Father today
 - pray for a growth in the "knowledge of God"

B. *Hallowed Be Thy Name*

1. Ascribe to the Lord the glory that is due to him
 - that he is holy
 - that his Name reveals who he is
2. As an act of worship, bring my thanksgiving to him
3. Pray for the hallowing of God's name among all the nations of the earth

C. *Thy Kingdom come; Thy Will be Done in Earth as it is in Heaven*

1. Pray for the rule of God, and the Kingdom to be coming now
 - in our church
 - in my life personally
2. Pray for Kingdom work being done by others
 - particular intercessions for the day—ministries and missions
3. Pray for the fullness of the Kingdom to come in a broken world
 - justice and righteousness for the earth (name some problem areas)
 - end to wars and conflicts (name some places it needs to end)
4. Pray for the return of Jesus

D. *Give us this Day our Daily Bread*

1. Pray for personal needs in health, finance, etc.
 - daily give thanks for all God has supplied
2. Pray for the same needs for others who have made the needs known
3. Pray for the poor and needy around us

E. *And Forgive us our Debts as We Forgive our Debtors*

1. Bring to God some habitual patterns of sin and addiction
 - claim the covering of Christ's blood
2. Review the past day to see if particular sins come to mind
 - receive God's forgiveness as I confess
3. Consider those I have sinned against or who have sinned against me
 - ask to be given the gift to forgive them from the heart
 - consider if some steps of reconciliation need to be taken

F. *And Lead us not into Temptation, but Deliver us from Evil or "the evil one"*

1. Pray over the schedule for the day/week ahead
 - commit specific people/meetings to God's will
2. Pray for God's guidance in some greater issues in my life
3. Pray for family and friends by name and situation

G. *For Thine is the Kingdom and the Power and the Glory. Amen.*

1. Discipline myself to remain still and "listen."