



Moving Forward #2

Time In Prayer

Many of us don't know how to pray. We've never been taught and we have a hard time getting started. We are coming before our almighty God and that can be intimidating at times, but it doesn't need to be that way. Looking back at the fact that God gave us His only Son, because He loved us that much. He sincerely desires us to come to Him in a loving conversation. There is no fear in prayer. Just talk to God as you would an earthly father that loves you. It is a privilege and an honor to come before that King of kings and Lord of lords... Yet, it is so easy and simple.

God lays out a blueprint on how to pray. Most of us have recited this prayer in the past or have heard it recited. It is simple and deep all at the same time.

Follow the Model Prayer from Jesus:

Matthew 6:9-13

"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors. 13 And lead us not into temptation but deliver us from the evil one'."

Here is a simple explanation of what this scripture means.

"Our Father which art in heaven" means we're praying to our Heavenly Father who lives in heaven. God likes it when we call Him Father, and He wants us to talk to Him just like we talk to our own father. God is our loving Father, and we are his loved children.

"Hallowed be Your name" means God's name is holy and special. Even though God wants us to call him our Father, he is still God, and He is to be respected and honored. Remember, He not only created us, He also gave up His Son to die on our behalf.

"Your kingdom come. Your will be done on earth, as it is in heaven." I don't think that anyone would consider Heaven anything less than beautiful and awesome. The Bible says that in heaven there will be no more crying, God will live with us, and there will be no hunger or hurt there. This part of the prayer says let God's kingdom come and let God's will be done on earth, just like they are in heaven. It reminds us that we should be living the way God wants us to everyday.

"Give us this day our daily bread" means give us today all that we really need. Keep in mind that these are things that we can't live without. We don't need many things to survive. Most things that we want are not things we need; we need food, water and shelter. We ask God to provide for us because we love and trust Him.



“And forgive us our debts, as we forgive our debtors.” This next part of the prayer is asking for forgiveness for our times when we sin. Forgiveness means that we are sorry for something we’ve done, and we don’t want to repeat our sins. When we have repented we turn away and go in the other direction. But we also need to forgive people who have done wrong to us. Sometimes others hurt us, so we need to ask God to help us forgive them. If we forgive others, God will forgive us.

“And lead us not into temptation, but deliver us from evil.” We are often tempted to do something you’re not supposed to. This part of the scripture asks God to help us to know the right thing to do, to protect us against the evil that is in the world, and keep us from it.

This is a simple description, but prayer is a simple thing; it’s a conversation with our Heavenly Father. Let’s take a quick look at a few verses on prayer.

Philippians 4:6,7:

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God.”

This advice on prayer was written by the apostle Paul to early church members to encourage them to pray to God about anything and everything that troubled them and everything else going on in their lives. It gives a pattern for a straight forward way of praying where we are encouraged to present our requests to God with thankful hearts.

Some once told me that they weren’t praying for a new job, which they desperately needed, because they felt like they shouldn’t bother God with it since there were other people with much bigger needs like serious diseases. This Bible verse tells us God’s ears and heart are always open to hear about anything, big or small, that makes us feel anxious or worried. What may seem like a small matter to someone else may be a big thing to you. God cares and He is listening. Remember, **“Give us this day our daily bread.”**

1 John 5:14

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.”

John shares this advice with the early church. It speaks of us having confidence when we pray that God hears us. It also brings in the principle of being close enough to God to know His will so we will be able to know when we ask for things whether they line up with God’s purposes for our lives and his kingdom.

Mark 11:22 – 25

“‘Have faith in God,’ Jesus answered. ‘I tell you the truth. If anyone says to this mountain, ‘Go, throw yourself into the sea, and does not doubt in his heart but believes that what he says will happen, it will be done for him. Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins.’”

These statements were made by Jesus to his disciples when many were questioning his spiritual authority. This is commonly referred to as “mountain moving faith.” This image has been used by



Christians throughout the years to keep believing and praying in the face of what seem to be insurmountable obstacles. It points out the extreme necessity of faith in believing that something will happen as a result of our prayers.

The second statement about forgiving others as an avenue to prayer echoes the statement in the Lord's prayer about forgiving others as we have been forgiven. This self-examination process is extremely necessary in prayer to prevent the first statement about mountain moving prayer to be used for our own ill thought out purposes.

Luke 12:27-31

Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. ²⁸ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! ²⁹ And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. ³⁰ For it is the nations of the world that strive after all these things, and your Father knows that you need them. ³¹ Instead, strive for his kingdom, and these things will be given to you as well.

While these verses don't deal directly with prayer, they do show us how much God cares for us. We can go to Him with any concern and need and He will listen. When we stop worrying and begin praying God gives us our needs plus the blessings that we don't even ask for. Trust that God loves you more than we can comprehend.

Matthew 18:19,20

"Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them."

Jesus made this statement to emphasize the power of prayer together with a prayer partner or a group. Although Jesus earlier told us in Matthew 6:6-8 to pray in private to God, he goes further to highlight the power of prayer with others as a form of spiritual agreement in prayer. When we pray with others, we are availed of the benefit of their point of view that will see the issue we're praying about in a slightly different manner. When several people are listening for God's answer, being able to confirm or agree together in spirit that what they are each individually sensing is a means through which God works to confirm his will and direction for us.

There are many more scriptures on prayer in the Bible and you can look them up and read them. The main reason for prayer is that we don't lose touch with God. He is truly our Heavenly Father and desires time with us, His children.

Make prayer a priority in your life and you will always have a place to go when you need God.