



Equipping Women To Live Fully and Free

The Lord's Prayer **How to Use Jesus' Prayer as a Guide for Your Own**

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Some of the greatest moments in a Christian's life are a result of time spent in prayer. Jesus spent all night in prayer before He chose His disciples (Luke 6:12). He defeated Satan's temptations after praying and fasting for forty days (Matthew 4:3-9). Prayer preceded His miracles (John 11:42-43) and gave Him the strength to go to the cross (Luke 22:39). The disciples observed Jesus' prayer life and asked Him to teach them to pray like He did (Luke 11:1-4). He told them seven simple steps.

1. *Our Father Who art in heaven.* Acknowledge that you are a child of God and He is your almighty Father with whom you have a relationship.
2. *Hallowed be Thy name.* Praise God for Who He is and the Holiness of His name and character. (See page Living Life Resource for names of God.).
3. *Thy kingdom come, Thy will be done, in earth, as it is in heaven.* Pray for His will to be done in your life and the lives of those for whom you intercede. Praying the Word of God is praying the will of God. Pray for God's will to be done in your family, church, nation, and the world.
4. *Give us this day our daily bread.* Pray daily for your needs and the needs of those for whom you intercede.
5. *And forgive us our debts, as we forgive our debtors.* Pray for God to forgive you for your sins, as being in His presence will bring conviction of sin. Also, give your grudges over to God and forgive those who have offended you.
6. *And lead us not into temptation, but deliver us from evil.* Pray for protection from the world, the flesh and the devil.



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7. *For Thine is the Kingdom, and the power, and the glory, forever.* God is the eternal King of Kings whose rule knows no end. He is omnipotent, omniscient, and omnipresent. End by praising God once again. Amen.

Did the disciples learn how to pray? Yes they did! In Acts chapter one, during their time in prayer at Pentecost, the Holy Spirit descended on the disciples and gave them power to spread the gospel throughout the entire world.

Prayer is not designed to change God's mind. It is designed to change us and align our thinking with God's. Just as God worked through Jesus' life by prayer and through his disciples' lives by prayer, so He will work through yours.

This life resource was taken from Sharon's book *Building an Effective Women's Ministry*.