

# Experiencing the Lord's Prayer

IN SEVEN EASY STEPS

We will use the 7 simple phrases of the Lord's Prayer & explore in the Bible what these phrases teach us about prayer from God's perspective.

We'll discover how relevant the Lord's Prayer is for life. We will grow in our understanding and experience of both reading the Bible and praying.

Accompanying each of the 7 sections of the Lord's Prayer are 7 supporting bible verses:

1. Our Father in heaven, hallowed be your name
2. Your Kingdom come, your will be done, on earth as in heaven
3. Give us today our daily bread
4. Forgive us our sins, as we forgive those who sin against us
5. Lead us not into temptation,
6. But deliver us from evil
7. For the kingdom, the power and the glory are yours now and for ever. Amen

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## TOP TIPS & SUGGESTIONS

Before starting, thank the Lord for the bible, ask that by the gift of His Holy Spirit He will illuminate something to you. E.g Lord, thank you for the Bible. Show me something more about yourself that will help me live life better today and care for others in a more Christ-like way. Amen.

Read through the line of the Lord's Prayer a few times. Consider: what strikes you: what words stand out: what does this about the character of God: how does this make you feel?

Read the accompanying bible verses, how does these supporting verses help to share your faith?

Use the verse as a basis for a prayer (if it helps write your prayer on the sheet before saying it – it is a much easier & a more thoughtful way to pray)

OUR FATHER IN HEAVEN,  
HALLOWED (*HOLY OR BLESSED*) BE YOUR NAME

This first phrase focuses on GOD'S CHARACTER.

Meditate on God's character for 5 mins, take note of your thoughts and feelings.

Consider how these supporting bible verses shape your appreciation of God's character.

God is the eternal Creator	Isaiah 40:28
The Father only gives us good gifts	James 1:17
The Father is a shield protecting us	Psalms 18:30
The Father helps us when we're afraid	Isaiah 41:10
The Father is kind, He doesn't condemn us	John 3:16-17
The Father is faithful and dependable	Deut. 32:3-4
The Father freely forgives us	1 John 1:8-9

What aspects of God's character do you want people to experience who are affected by Coronavirus?

Make a list, then write a prayer and make notes of what you have experienced.

Conclude by saying the Lord's Prayer

YOUR KINGDOM COME, YOUR WILL BE DONE,  
ON EARTH AS IN HEAVEN

This second phrase focuses on GOD'S PURPOSES

Meditate on God's purposes for 5 mins, take note of your thoughts and feelings.

Consider how these supporting bible verses shape your appreciation of God's purposes

You have a sure hope for a good future	Jeremiah 29:11
God will bring good in your life	Romans 8:28
God has made you for a purpose	Ephesians 2:10
Come to me so that you can go for me	Matt. 28:18-20
You are chosen and special in God's sight	1 Peter 2:9
A lifelong priority – to make God number one	Matt. 6:33
God promises you 'happily ever after'	Rev. 21:1-5

Looking at these bible verses, what does God want to give, tell people and do for those affected by Coronavirus?

Write a prayer.

Conclude by saying the Lord's Prayer

## GIVE US TODAY OUR DAILY BREAD

This third phrase focuses on GOD'S PROVISION

Meditate on God's provision for 5 mins, take note of your thoughts and feelings.

Consider how these supporting bible verses shape your appreciation of God's provision

What you want vs. what you need	2 Corinthians 9:8
God's got your back!	Psalms 23:1
If you've got the Son, you get it all!	Romans 8:32
Discovering deep satisfaction	Hebrews 13:5
Receiving favour and honour	Psalms 81:10-11
Blessed to be a blessing	John 15:16
An endless supply for every person	Philippians 4:19

What are your current needs?

What needs do you want God to provide, for those affected by Coronavirus? Include NHS, GP Surgery's, Government, Education etc.

Write a prayer and make notes of what you have experienced.

Conclude by saying the Lord's Prayer

FORGIVE US OUR SINS,  
AS WE FORGIVE THOSE WHO SIN AGAINST US

This phrase focuses on GOD'S FORGIVENESS

Meditate on God's forgiveness for 5 mins; take note of your thoughts and feelings.

Consider how these supporting bible verses can shape your appreciation of God's forgiveness

Set free from what entangles us	Colossians 1:13-14
Honesty is the best policy	1 John 1:8-9
Times of refreshing	Acts 3:19
Do to others what you want for yourself	Matthew 6:14-15
Mercy – not receiving what we deserve	Psalms 103:10-12
Forgiveness transforms our lives	Ephesians 4:29-32
A new start, a new purpose!	2 Cor. 5:17-20

Consider how to include each of these practical and wonderful gifts can be incorporated in to your prayer.

E.g. Father God set free those entangled in fear, release them into freedom.

Conclude by saying the Lord's Prayer

## LEAD US NOT INTO TEMPTATION

This phrase focuses on GOD'S GUIDANCE

Meditate on God's forgiveness for 5 mins; take note of your thoughts and feelings

Consider how these supporting bible verses shape your appreciation of God's guidance.

Guidance and gardening!

Isaiah 58:11

The Holy Spirit guides us

John 16:13

Straight paths, easier journey!

Proverbs 3:5-6

A safe place in difficult times

Psalms 32:7-8

Ask! He is a loving Father, happy to give

Matthew 7:7-11

Wisdom available in every situation

James 1:5

God knows you inside out... & still loves you! Psalm 139

What temptations are you most likely to fall into without God's guidance?

Write a prayer from what you have experienced in your reflections.

Conclude by saying the Lord's Prayer

## DELIVER US FROM EVIL

This phrase focuses on GOD'S PROTECTION

Meditate on God's protection for 5 mins; take note of your thoughts and feelings

Consider how these supporting bible verses shape your appreciation of God's protection.

Overcoming fear	Psalm 46:1-2
Your armour for any & every situation	Ephesians 6:10-18
Cracked pots are still treasured	2 Cor. 4:6-10
All are protected: everyone!	Psalm 23:1-6
Asleep on the job? Never!	Psalm 121:1-8
There's always a way out	1 Cor. 10:13
God guards your heart and mind	Philippians 4:4-7

What form of protection does the world, the UK, your family, your church family or your friends need at this moment in history.

How does these bible verses bring hope to your prayers?

Write a prayer and make notes of what you have experienced.

Conclude by saying the Lord's Prayer

FOR THE KINGDOM, THE POWER AND THE GLORY ARE  
YOURS NOW AND FOR EVER. AMEN

This phrase focuses on GOD IS ABLE

Meditate on God's ability for 5 mins; take note of your  
thoughts and feelings

Consider how these supporting bible verses shape your  
appreciation of God's forgiveness

Overcoming fear	Psalm 46:1-2
Your armour for any & every situation	Ephesians 6:10-18
Cracked pots are still treasured	2 Cor. 4:6-10
All are protected: everyone!	Psalm 23:1-6
Asleep on the job? Never!	Psalm 121:1-8
There's always a way out	1 Cor. 10:13
God guards your heart and mind	Philippians 4:4-7

How can trusting God change your perspective?

Since God is able use these bible verses shape your prayer.

E.g. Father God, you are able: bring encouragement and  
strength to all those who work in the NHS,  
the government etc.

Go through each bible passage and do the same with each of  
the 7 verses.

Conclude by saying the Lord's Prayer