

JESUS TEACHES US HOW TO PRAY

PRAYER GUIDE

OVERVIEW

There is no better way to start off the new year than to turn to God and submit to Him in worshipful prayer. Jesus gives us a model for how we are to pray in Matthew 6. Use this Guide and Family Devotion to lead your family in purposeful prayer and worship this week.

BIG TRUTH: JESUS TEACHES US HOW TO PRAY

Matthew 6:6-7, 9:38; Romans 8:26; Mark 14:38; Luke 5:16, 10:2, 18:1; Acts 8:22; 1 Thessalonians 5:17

BIBLE VERSE: MATTHEW 6:9

“Pray then like this: ‘Our Father in heaven, hallowed be your name.’”

BIG IDEAS

- We pray to adore God.
- We pray to submit to God.
- We pray to confess our sins to God.
- We pray to seek provision and protection from God.

BIBLE STORY: MATTHEW 6:9-13

Jesus gives His disciples a model of how they should pray. We don't pray so that we will be seen by other people or because we expect God to grant our wishes like a “magic genie.” We pray to worship and praise Him because He is holy.

BIG AIMS



Every child should know that:

- Prayer is a way we can continually worship God.



Every child should feel:

- Thankful that God has given us access to Himself through prayer.



Every child should:

- Practice praying personal prayers to God together with their family.



Every child should want:

- To grow and become more comfortable in prayer.

FAMILY DEVOTION: PRAY THEN LIKE THIS

God our Father knows our every need. We can have confidence in Him when we pray, and He gives us an example for how we can pursue Him through worshipful prayer.



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BIBLE VERSE: MATTHEW 6:9

“Pray then like this: ‘Our Father in heaven, hallowed be your name.’”

Jesus instructs His followers how they should pray.

Pray then like this...

- Prayer is how we can talk to God. He has given prayer as a gift so that His people would always be able to talk with Him and spend time with Him.
- Just like when we talk to our friends we can get to know them and enjoy spending time with them, this is how we commune, or spend time with, God our Father.
- Jesus tells His disciples how to pray, so we can learn how to pray by what the Bible tells us.
- He tells us that we should pray, He teaches us how to pray, and He gives us His Spirit to help us pray and to intercede for us.

We pray to God our Father.

Our Father in heaven...

- God is the One True King and the Lord of Lords, and He is also our good Father.
- Prayer gives us access to the Father, even though He is a King. We should take this gift seriously and be thankful.
- When we pray, we can trust that our Father hears us.
- Not only does our Father hear us, but we can trust that He will answer our prayers.
- We may not get the answer that we were hoping for or that we expected, but our Father knows what is best for us.

We pray because God is holy.

...hallowed be your name.

- God is not like anyone else on earth—He is perfect. In our prayers, we proclaim that God’s name be hallowed, or holy.
 - Because God is perfect and holy, He is set apart from all of creation.
 - This is why we can pray to Him and trust Him to hear and answer our prayers.
 - God’s holiness gives us a foundation of hope and trust in Him.
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BIBLE STORY: MATTHEW 6:9-13**Opening Illustration: A Picture Is Worth 1000 Words**

Invite the children to take a look at the Lord’s Prayer in Matthew 6:9-13 and imagine they are teaching someone who speaks a different language about the Lord’s Prayer. Using a sheet of paper and marker/crayons, instruct them to “write out” the Lord’s Prayer using only symbols, pictures, or shapes. If there are several children, you may want to divide the group and ask each student to work on one section of the prayer. As another option, children may prefer to communicate the meaning of the prayer in movement, using their hands or faces. If time allows, encourage children to present their work to the rest of the group.

- Jesus’ disciples wanted to learn how to pray.
- Jesus gave them - and us - a guide on how to pray.
- Prayer is not about getting something from God.
- Prayer is about aligning our hearts with His.

BIG IDEA: WE PRAY TO ADORE GOD.

The Lord's prayer begins with a declaration of who God is—He is our Father, and of His character—He is holy.

- Prayer is an act of worship, and one way that we are able to worship Him is by praying prayers of adoration.
- Prayers of adoration are when we give God praise for who He is or for His character.
- We can begin prayers of adoration by remembering and acknowledging who
- God is. We give Him thanks and praise simply because He is worthy of all our praise.

Sometimes we are tempted to come to God with all of the things we want to ask Him for, but it is hard for us to pause and take time simply to worship and praise God for who He is.

- God is holy, righteous, good, perfect, kind, faithful, gracious, merciful, loving, just, eternal, powerful, majestic, and infinite.
- God is our Father, Creator, Sustainer, King, Savior, Lord, Master, Helper, Satisfier, Sanctifier, Teacher, and Gift Giver.
- Praising our Father for who He is an act of worship that helps center our minds on God and bring Him glory.



On the whiteboard, help the children make a list of names of God, attributes of God, or things that are true about God. For older children, have them take turns writing these themselves. See if you can fill up the whole board! Remind the children that God is infinite, and that when we pray we can adore Him, or give Him praise.

What else can you add to these lists? Pray in adoration, giving God praise for who He is.

BIG IDEA: WE PRAY TO SUBMIT TO GOD.**We pray asking the Lord to do His will in our lives and on the earth**

- When we pray “Your kingdom come and Your will be done,” these are not just empty, spiritual words. They mean that we are submitting our lives to what God’s will is, and to what His plans are to advance His kingdom over all the earth.
- When we pray these words, we are acknowledging that in our sin, we are tempted to live for our own kingdoms, or live in such a way that we are the center of our world and the hero of our own story.



Instruct the children to work together to come up with a plan for a “perfect day.” Talk about how sometimes our plans don’t always work out the way we want them to work. We may feel disappointed or sad when this happens, but ultimately we can be thankful that we can trust in God’s plans.

To pray “Your kingdom come” means that we are willing to die to our own “kingdoms” so that God’s kingdom will be advanced and He will get the glory.

- We pray this to forsake our desire to live for ourselves.
- We pray this to submit our lives for the sake of God’s glory.

When we pray “Your will be done,” we are acknowledging that God’s will is better than our will, or better than what we would want for our lives.

- We pray this to submit our lives to His will.
- We pray this to declare that we trust that His plans are better than our plans.
- This is a pursuit of aligning our hearts to God’s plans even if this means forsaking our own plans.

What does it mean to pray “Your kingdom come and your will be done”? (It means that we will submit our lives to God’s plans instead of our own.)

BIG IDEA: WE PRAY TO CONFESS OUR SINS TO GOD.

Because God is infinitely holy and worthy of praise, we recognize that we fall short of His standard of perfection.

- Our sin has made a separation between us and God, and we owe a debt for our sins against God.
- We are unable to pay our own sin debt, but Christ pays this for us by His death on the cross.
- When we repent of our sins and trust in Jesus to save us, He gives us His righteousness and restores us back into a right relationship with God the Father.
- Even though we have righteousness given to us from Jesus, we still battle and fight against our sins in this life.

Scripture tells us that when we confess our sins to God, He is faithful to forgive us.

- We can confess our sins through prayer.
- In prayers of confession, we acknowledge that we are sinners, and we confess the specific sins that we have fallen captive to in our lives.
- We must repent of these sins.

Repenting of sins means to turn away from them. When we do this, we not only turn away from our sinful actions, attitudes, or thoughts, but we turn toward Jesus to fix our eyes back on Him and what He says is right.

In prayers of confession, we ask God to forgive us of our sins and to help us to follow Him and obey His commandments.

What are prayers of confession? (Prayers of confession are when we acknowledge our sins before the Lord and turn away from them.)

BIG IDEA: WE PRAY TO SEEK PROVISION AND PROTECTION FROM GOD.**In the Lord's prayer, we see a prayer for God to "give us this day our daily bread."**

- The "daily bread" means that we ask God to give us what we need for each day.
- God is our provider, and every good and perfect gift comes from Him. Anything that we have in our lives comes from His sovereign control because He is above all things.
- Scripture also tells us that the Father knows what we need, and because He cares for us, we can trust that He will supply every need we have for each day.
- Praying for God's provision acknowledges our dependence on Him. We cannot supply our own needs. We cannot keep our own hearts beating, make ourselves wake up in the morning, or make food and water appear out of the air. God can do all of these things. He will give us everything that we need, and we can trust Him to provide for us.



Bring in several different objects that protect us from different things. Some examples might include an umbrella or rain jacket that protect us from rain, gloves that protect our hands from getting cold in the winter, or a helmet that protects our heads when we ride a bike. Brainstorm other things that we use to protect us. Talk about how we need God's power to protect us from sin, and pray asking God to give us His protection

The Lord's prayer finishes with a prayer for protection.

- When we pray, "lead us not into temptation, but deliver us from evil," we are recognizing that our sinful hearts are prone to wander and to go astray from the truth of God. We are very easily tempted to sin.
- Prayers for God's protection acknowledge that we need God's help to keep from falling into temptation.
- When we pray this, we are fixing our eyes on Him as our ultimate Protector which helps us to reject sin and to remain obedient to the commands of the Lord.

Why do we pray to ask God for "our daily bread"? (Because God is the One who gives us everything we need.)

Why do we pray to ask God to "deliver us from evil"? (Because we need protection from our own sin and God's help to resist temptation.)