

*Lord, Teach Us to Pray*

**THE  
LORD'S  
PRAYER**



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Contact Diane at [nammynools@cox.net](mailto:nammynools@cox.net) or find her online at <http://nammynools.blogspot.com>.

# *Lord, Teach Us to Pray*

## **The Lord's Prayer**

Matthew 6:5-14

Luke 11:1-13

What we know as “The Lord’s Prayer” is part of a larger teaching from Jesus on prayer which happens in the middle of the Sermon on the Mount.

For many years it was simply known by the first two words of the prayer. In Latin, those words are “pater noster” which simply means “Our Father.” During the Reformation, the title “The Lord’s Prayer” became used more often.

Jesus did not give this prayer to His disciples arbitrarily. Within the simple phrases of the prayer, He was plumbing the depths of God’s relationship with the world, our relationship with God and the world around us.

Many of the phrases are taken directly from the Hebrew Talmud (the entire Jewish law including what we know as the Old Testament) as well as discussion and commentary on the Pentateuch (the first five books of our Old Testament: Genesis, Exodus, Leviticus, Numbers and Deuteronomy).

Until 70 AD, the Talmud was based on oral tradition. Every young Jewish man would have been trained and would have known the prayers that had been handed down over the centuries. Jesus used phrases His disciples were familiar with to remind them that their traditions had been teaching them how to pray all along.

This little booklet is designed to take you through the Lord’s Prayer over the course of two weeks. Use it in your daily devotion time or set aside extra time each day to read through scriptures, answer a few questions and pray.

## *Day 1 ~ Our Father in heaven ...*

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The Old Testament is rich with pronouncements of who God is. Jesus calls us to know who God is and where He resides.

In Deuteronomy 26:15, Moses calls out to God, *“Look down from heaven, your holy dwelling place, and bless your people Israel and the land you have given us as you promised an oath to our forefathers, a land flowing with milk and honey.”*

In I Kings 8, Solomon dedicated the temple to God. He stood before the altar of the Lord and offered words of honor to the Lord. In I Kings 8:30, he says, *“Hear the supplication of your servant and of your people Israel when they pray toward this place. Hear from heaven, your dwelling place, and when you hear, forgive.”*

Psalm 123:1 *“I lift up my eyes to you, to you whose throne is in heaven.”*

Isaiah 66:1 *“This is what the Lord says: ‘Heaven is my throne and the earth is my footstool.’”*

What images do you have of heaven? Describe the picture that you see: \_\_\_\_\_

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Turn to Revelation, Chapter 4. All of a sudden John sees a door opening to heaven. The next thing he notices is the throne of God. What are some of the physical details that John describes?

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As you read through the fourth chapter, you encounter four living creatures and 24 elders. What is the doxology (hymn of praise) of the creatures?

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The image of the Lord residing in heaven gives us confidence that He is in control of all creation. Every single thing is within His purview. Think about things in your life that you have or have not placed in God's control. Take time to talk about these things. Finish your time today in prayer by praising God as the four living creatures did: *“Holy, holy, holy is the Lord God Almighty, who was and is and is to come!”*

## *Day 2 - Hallowed be Thy name ...*

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The words that the living creatures spoke: “Holy, holy, holy is the Lord God Almighty” are designed to proclaim the essence of God’s personality.

God’s holiness means His absolute perfection. He has no sin (James 1:13) and He is not like us (Hosea 11:9).

God calls us to be holy as He is holy. (1 Peter 1:13-16, Leviticus 11:44 & 19:2).

In 1 Samuel 2:2, we read: “*there is no one holy like the Lord!*”

Why should we even care about being holy? It seems as if absolute perfection is too much to achieve. Paul answers that in Hebrews 12:10: “*Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*”

Jesus tells us in Matthew 6:33, “*Seek ye first the kingdom of God and his righteousness and all these things will be given to you as well.*”

What are some ways you seek righteousness? \_\_\_\_\_

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What are some ways God has disciplined you? \_\_\_\_\_

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The holiness of God sets Him apart from the rest of creation. God called His chosen people, Israel, to be set apart, to be holy.

Peter tells us in his first letter (1 Peter 2:9) that we are a “*chosen people, a royal priesthood, a holy nation, belonging to God.*”

Is there anything about you that sets you apart, that makes you different from the world?

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How might God be calling you to model your life after this call to holiness?

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## *Day 3 ~ Your kingdom come ...*

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What do we know of the heavenly kingdom? \_\_\_\_\_

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Jesus said, "My kingdom is not of this world. But now my kingdom is from another place" (John 18:36)

Daniel tells us, "In the time of those kings, the God of heaven will set up a kingdom that will never be destroyed, nor will it be left to another people. It will crush all these kingdoms and bring them to an end, but it will itself endure forever." (Daniel 2:44)

Paul tells us in I Corinthians 4:20, "For the kingdom of God is not a matter of talk, but of power."

What is it that scripture is telling us about the kingdom?

1. It is not of this world
2. It is filled with power
3. It will come again on this earth

The other thing we learn about this kingdom is found in John 3:3. What is the requirement for a man to see the Kingdom of God? \_\_\_\_\_

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And from Matthew 5:3, who receives the kingdom of God? \_\_\_\_\_

By the time we get to the Revelation, we find God preparing the earth for the return of His kingdom. In Revelation 11:15, the seventh angel sounds his trumpet and we hear words made familiar in Handel's "Messiah," "The kingdom of this world has become the kingdom of our Lord and of his Christ, and he will reign for ever and ever."

Do you know what you are praying for when you call for the return of God's kingdom? You are crying out for the completion of the prophecy and the return of Christ to rule over all the kingdoms of earth.

What areas of your own life do you need to give over to the Lordship of Jesus Christ?

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Spend time asking God to reign in your life as King.

## Day 4 ~ Your will be done ...

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This is probably one of the most difficult things we face as humans: the release of our will to that of the Father's will. We pride ourselves on having 'free will,' but we are so arrogant that we actually believe we can enforce our will over the Creator of the Universe.

The free will that we exercise is a gift from that Creator. Whenever we choose to exercise our will over God's will, we tend to mess things up. When Eve chose to eat the fruit rather than listen to her Creator, she began a process that we have fought against ever since. Cain chose to kill Abel, the people of Israel chose to complain and create a golden calf, David chose to pursue a married woman, the list goes on and on.

What decisions have you made in your life that superceded the will of God? \_\_\_\_\_

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The desire to do God's will has been placed in our hearts.

Psalm 40:8 *"I desire to do your will, O God."*

Psalm 143:10 *"Teach me to do your will."*

James asks us to submit to God's will when he writes *"Now listen, you who say, 'Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.' Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.' As it is, you boast and brag. All such boasting is evil. Anyone, then, who knows the good he ought to do and doesn't do it, sins."* (James 4:13-17)

*"You ought to say, 'If it is the Lord's will, we will live and do this or that.'"*

What are some things that you need to place into the hands of the Lord? \_\_\_\_\_

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In your prayer time, ask forgiveness for believing that you know more than the One who created you and place those things that you just wrote on the lines above into God's hands. Acknowledge your certainty that God will handle these things better than you can. Thank God that He gave us free will and the desire to live within His will.

*Day 5 ~ On earth as it is in heaven.*

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While this phrase seems to finish the thought just preceding it, we can also learn a lot about God by considering the extent to which He shows us heaven on earth.

What are some of the most beautiful sights you have ever seen? \_\_\_\_\_

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Now why do you suppose God created a universe with such beauty? \_\_\_\_\_

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I believe that He wanted to give us a taste of the glory of heaven. In scripture, God gives us several glimpses into the throneroom.

In the creation of the Tabernacle, we see the design of God's throneroom. Hebrews 8:5 tells us that the priests "serve at a sanctuary that is a copy and shadow of what is in heaven."

Moses was told in Exodus 25:40 to "make them (the furnishings of the Tabernacle) according to the pattern shown on the mountain."

If you turn in your Bible to 2 Corinthians 5:1-10, you will find Paul describing our yearning to be in heaven. He describes this as clothing.

In verse 6, Paul tells us that as long as we are at home in the body, we are away from the Lord.

Spend time reading the entire passage (2 Cor. 5:1-10). What promises do you find? \_\_\_\_\_

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What was God's purpose in sending the Spirit? (2 Cor. 5:5) \_\_\_\_\_

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In 2 Corinthians 5:9, Paul tells us to make it our goal to please the Lord. What are some things you can do to ensure that happens?

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*Day 6 ~ Give us this day our daily bread,*

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In this day and age, we expect much more than our daily bread. We each seem to think, though, that everyone else is greedier or more materialistic than we are. You and I can show each other examples of how tough we have it and the sacrifices we have faced. We can then easily justify how we deserve what we have. We all know how hard we worked to gain status and beautiful homes and good schools for our children.

When the Israelites were in the desert, God provided manna each day for them. He told them to gather a double portion for the Sabbath, but if they tried to gather more than needed on any other day, the excess was filled with maggots and began to smell (Exodus 16:20).

God knew that once mankind began to produce wealth, no one could withstand the temptation of greed and pride. In Deuteronomy 8, Moses did his best to remind the Israelites of their responsibility.

Deuteronomy 8:10 says that when you have eaten and are satisfied you are to do what? \_\_\_\_\_

Yet, Deuteronomy 8:12-14 warns us that prosperity will cause our hearts to become \_\_\_\_\_ and to forget the \_\_\_\_\_ our \_\_\_\_\_.

Deuteronomy 8:18 tells us to “remember the Lord your God, for it is he who gives you the ability to produce wealth.”

Jesus speaks to His disciples regarding wealth and provision for our needs just after He gives them the Lord’s Prayer. These passages from the Sermon on the Mount in Matthew 6 are very familiar: “...do not store up for yourselves treasures on earth ... for where your treasure is, there your heart will be also” (Mt. 6:19-21)

“No one can serve two masters. Either he will hate one and love the other or he will be devoted to the one and despise the other. You cannot serve both God and money.” (Mt. 6:24)

“So do not worry, saying ‘What shall we eat or ... drink, or ... wear’ For the pagans run after all these things and your heavenly Father knows that you need them.” (Mt. 6:31-32)

Do you have much more than ‘daily bread?’ I do. I have things in boxes I haven’t seen in years. How will you proceed from this point? Ask the Lord for guidance in your financial matters and remember to praise Him for His generosity in your life.

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## *Day 7 ~ Forgive us our debts (trespasses, sins),*

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The scriptures are filled with stories of God's merciful forgiveness. His children walked away from Him so many times, it is impossible to count. Yet even though they forgot the covenant, God never did. He brought the Hebrews to a point in history where He could show them the ultimate extent of His love and forgiveness.

Jesus told His disciples at the Last Supper of the importance of this sacrifice: "This is my blood of the covenant, which is poured out for many for the forgiveness of sins." (Matthew 26:28)

Psalm 51 is a plea for mercy. David is faced with the reality of his incredible sin with Bathsheba. Read through this Psalm. Now, spend some time facing the sins in your life. You don't have to write them down, but here is some space if you have the courage to see them in print:

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Do you want true forgiveness?  yes  no Read Psalm 51:7-12.

God does not despise a broken spirit; a \_\_\_\_\_ and  
\_\_\_\_\_ heart. (Psalm 51:17)

Once you have confessed your sins to God, you are offered complete forgiveness.

Ephesians 1:7, "In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace."

1 John 1:9, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

As you spend time in prayer today, confess the sins that have been brought to your mind. Accept the forgiveness that God offers and then set this all aside. There is no need to dwell on past sins. Truly repenting (turning aside from) sin removes any need to revisit and worry about them.

God has forgiven you.

Day 8 ~ As we forgive our debtors (those who sin against us).

One of the harshest parables of Jesus comes in Matthew 18, “the Parable of the Unmerciful Servant.”

Peter asked Jesus how many times he should forgive his brother when he sinned against him. Jesus’ answer was, “I tell you, not seven times, but seventy-seven times.” (Matthew 18:22)

Jesus goes on immediately to reflect on forgiveness by telling the parable.

There was a servant who owed his king several million dollars. The king ordered that the servant and his family be sold into slavery to repay the debt. The servant begged for mercy and the king cancelled the debt and released him. This servant then found a fellow servant who owed him only a few dollars and demanded the loan be repaid and refused to grant mercy. The other servant was tossed into debtor’s prison. When the king discovered what had happened, he brought the wicked, unforgiving servant back to pay his original debt in full. (Matthew 18:23-34 paraphrased)

Our refusal to forgive others slams the door shut on God’s ability to extend His mercy to us. Who has hurt you (or someone you love) so much that you can’t find a way to forgive them? \_\_\_\_\_

In Mark 11:24, Jesus offers assurance of the power of prayer. But, there is a caveat in verse 25, “If you hold anything against anyone, forgive him so that your Father in heaven may forgive you your sins.”

Forgiveness is one of those great mysteries. “In him (Jesus) we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God’s grace that he lavished on us with all wisdom and understanding.” (Ephesians 1:7)

The blood that offers forgiveness brings redemption. The redemption of our souls brings salvation and this salvation allows us an eternity spent in the throneroom of God the Creator!

If there is someone that you need to forgive, take the time right now. Do not wait. You might be surprised at the joy that comes from forgiveness!

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## *Day 9 ~ Lead us not into temptation ...*

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I suspect that we are all very much alike in that we certainly don't need any help being led into temptation. The serpent tempted Eve with forbidden fruit, David was tempted by Bathseba's beauty, Solomon was lured by his numerous wives, kings of Israel and Judah were constantly tempted by the idols of other cultures.

But yet, Elisha refused payment for healing (2 Kings 5:16), Job rejected evil counsel from his wife (Job 2:9-10), Daniel refused the rich wine and food in the king's palace (Daniel 1:8) and Jesus Christ refused to allow Satan to have power in tempting him in the wilderness.

Can you identify temptations in your life you have under control? \_\_\_\_\_

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What temptations do you have to work every day to hold back? \_\_\_\_\_

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Now, how about some temptations that you have given in to? \_\_\_\_\_

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We are offered comfort. Paul tells us in 1 Corinthians 10:13, "No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it."

In Hebrews 2:18, Paul assures us that "*because he himself (Jesus) suffered when he was tempted, he is able to help those who are being tempted.*"

The assurance is that though we are faced with temptations all around, God will help us. As you pray today, ask God to help you face your temptations and thank Him for being there when those temptations seem overwhelming.

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## *Day 10 ~ Deliver us from evil ...*

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Who do you count on to deliver you in times of trouble? When we were children, we learned to rely on our parents. I was always surprised when they showed up during some of my most difficult moments.

The Bible tells us that God is our Divine Deliverer (1 Sam. 17:37). The Old Testament is filled with these promises.

*“The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my savior ...”* (2 Sam. 22:2-3)

*“Do not be afraid of them, for I (the Lord) am with you and will rescue you.”* (Jeremiah 1:8)

*“He rescued me from my powerful enemy, from my foes, who were too strong for me,”* (Psalm 18:17)

*“I sought the Lord, and he answered me; he delivered me from all my fears.”* (Psalm 34:4)

*“For you have delivered my soul from death and my feet from stumbling, that I may walk before God in the light of life.”* (Psalm 56:13)

Beth Moore, in her study on Daniel tells us that there are three ways that God delivers us. As Shadrach, Mesach and Abednego were in the fire, they were praying for deliverance. God can deliver us **from** the fire. And when He does, our faith is **built**. God can deliver us **through** the fire. When that happens, our faith is **refined**. We can be delivered **by** the fire straight into His arms. When that occurs, our faith is **perfected**. (Daniel: Lives of Integrity, Words of Prophecy, Beth Moore, Lifeway Press, 2006.)

What fires do you feel that you are walking through? \_\_\_\_\_

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We all want to be completely delivered from these things - whether they be evil or just painful. God promises a lot to us. Will you run to Him or handle these things yourself? Will you take refuge in His arms? Will you seek Him?

Spend time in prayer today pouring out your ‘fires’ to God. Allow Him to hear all that you have. Then, wait for Him to give you the assurance of his deliverance.

## *Day 11 ~ For Yours is the kingdom ...*

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Scripture tells us that Jesus will return to reign over all of the kingdoms of earth. Rulers will bow before Him.

Revelation 17:4 says *“They will make war against the Lamb, but the Lamb will overcome them because he is Lord of lords and King of kings - and with him will be his called, chosen and faithful followers.”*

The question raised by the Magi at the birth of Jesus was *“Where is the one who has been born king of the Jews? We saw his star in the east and have come to worship him.”* (Matthew 2:2)

Herod was upset at this. He gathered learned men, asking where the Christ (Messiah) would be born. They knew that He would be born in Bethlehem because of the prophecy from Micah 5:2. When the magi refused to return to Herod, he killed young boys in Bethlehem to prevent the king from coming to power.

They KNEW the kingdom was at hand! Years later the people laid palm branches at the feet of Jesus as he entered Jerusalem calling out *“Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!”* (Matthew 21:9) They were prepared for a king to deliver them. They were prepared for a new kingdom.

When John the Baptist was preaching in Judea, he said *“Repent, for the kingdom of heaven is near. This is he who was spoken of through the prophet Isaiah: ‘A voice of one calling in the desert, prepare the way for the Lord, make straight paths for him.’”* (Matthew 3:2-3)

John went on to baptize Jesus and then Jesus went to the desert to be tempted by the devil. When he returned, He began preaching. The first thing that Jesus said in His preaching was: *“Repent, for the kingdom of heaven is near.”* (Matthew 4:17)

We know that the kingdom of God can be found within us. What changes do you have to make in your life so that it looks like the Kingdom of God?

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John the Baptist and Jesus called out, *“Repent, for the kingdom of heaven is near.”*

As you close in prayer today, repent. Repentance means ‘turning aside from sin.’ Forgiveness is one thing, repentance is something else entirely. The kingdom of heaven is near ... repent!

## *Day 12 ~ And the power and the glory ...*

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How do you define power? Bill Gates? Warren Buffet? The President of the USA? Military? Police Force? Or physical power, as in Shaquille O'Neal, Tom Brady, body builders, power lifters? All of these are defined as powerful by humanity.

What are some things that define God's power? \_\_\_\_\_

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Jeremiah tells us *"But God made the earth by his power; he founded the world by his wisdom and stretched out the heavens by his understanding."* (Jer. 10:12)

In I Corinthians 6:14, Paul says *"By his power God raised the Lord from the dead, and he will raise us also."*

Paul also says in Ephesians 1:18-20, *"I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. That power is like the working of his mighty strength, which he exerted in Christ when he raised him from the dead ..."*

God's power is infinitely more than we can imagine and Jesus promises us that power in Acts 1:8, *"You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria and to the ends of the earth."*

God's glory is like nothing we will experience on earth. The word 'kawbode' is used in Exodus 33:22, *"When my glory passes by, I will put you in a cleft in the rock and cover you with my hand until I have passed by."* "Kawbode" means: honor, splendor, glory, riches, dignity, reverence.

God says to Moses, *"you cannot see my face, for no one may see me and live."* (Exodus 33:20).

While mankind can't be exposed to God's glory while we are living in sin here on earth, we will come face to face with Him in heaven. But, the reason we are given the chance to be in that position is due to God's grace. John 3:16 isn't just the most well-known scripture verse on earth, it's God's grace in action.

As you close in prayer, remember those words, *"For God so loved the world, that He gave His only Son, that whoever believes in Him will have eternal life."*

## Day 13 ~ Forever, Amen.

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Not talkin' 'bout a year. No not three or four.  
I don't want that kind of forever in my life anymore.  
Forever always seems to be around when it begins,  
but forever never seems to be around when it ends.  
So give me your forever. Please your forever.  
Not a day less will do from you.  
(From "Forever" by Ben Harper)

Love songs speak of our yearning for a 'forever love.' We want to believe that even in death, we will continue to be loved. We know that as generations pass, not only will we be forgotten here on earth, but there will no longer be anyone around that still loves us.

If you turn to Psalm 136, you will find a different type of love song. After every verse of affirmation, the congregation replies with "*His love endures forever.*" There are 26 responses. David first proclaimed those words in 1 Chronicles 16:34 as he sang a song of praise when the Ark of the Lord was returned to Jerusalem.

Forever stretches for a long time. Before God created the earth, He existed. Paul assures us in Hebrews 13:8 that "*Jesus Christ is the same yesterday and today and forever.*"

Jesus promises to send the Holy Spirit to be with us forever (John 14:16). Isaiah tells us that the "*word of our God stands forever.*" (Isaiah 40:8) In 2 John, verse 2 we read "*...the truth, which lives in us and will be with us forever.*"

God's love, Jesus Christ, the Holy Spirit, the Word of God, the truth. All of these things last forever. These things we can be confident in.

What are some of your real hopes for forever?

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"Amen" was originally a Hebrew word for 'so be it.' When John finished writing down the Revelation, he ended with 'Amen.' In the Old Testament, the word was used by the people as a form of assent to the words of a leader.

Pray through the entire Lord's Prayer. Speak each phrase slowly, considering all that you have learned. When you pronounce 'Amen,' let it be a firm assent, an acknowledgement of the faithfulness of the God who answers our prayers.