



11 Principles of Prayer

When the Disciples asked Jesus to teach them how to pray, He responded with what we now call the Lord's Prayer. *Matthew 6:9-13*

That the disciples requested a model for prayer shows us we don't have to feel guilty when we don't understand prayer and need help with it. We seem to think we should know instinctively how to pray, but from their question, we see that even the disciples — who were with Jesus every day and saw how He prayed — still needed help with prayer.

Our Father Who art in heaven

That first word reminds us that we are not alone, that we are linked through God to one another as one family. The spiritual journey is a communal journey. As we come close to God, we are drawn into closer relationship with one another. And by telling us to call God "Father," Jesus moves us from images of a remote God to an image of God as One Who is with us constantly, One Whose likeness we bear at the deepest levels of our being.

Hallowed be Thy name

That is why we pray: to deepen the relationship. This is the essence of prayer: being with God as we are and naming God as God is. This encounter changes us, degree by degree, and allows us to experience freedom. *2 Corinthians 3:18*

Thy kingdom come

Asks that the world be transformed into a place where God reigns, where things are done by God's standards.



Thy will be done

Know that our ways are not God's ways, nor our thoughts, God's thoughts. *Isaiah 55:8*

In earth as it is in heaven

Invites God into the matters of our earthly lives. This opens the door for God to change us at the deepest levels of our being so that we come to want what God wills.

Give us this day our daily bread

Shows we are to ask God for the things we need to sustain physical life. Though Jesus said we do not live by bread alone (*Luke 4:4*), He also made it clear we are to look to God for the literal bread we need. Jesus shows us God is concerned with the details of our lives.

And forgive us our trespasses

Directs us to consider our own sins and to mend our relations with others. *1 John 1:9*

As we forgive those who trespass against us

Jesus said that if we do not forgive others, we cannot experience God's forgiveness ourselves. *Matthew 6:14-15*

And lead us not into temptation, but deliver us from evil

Asks God to rescue us from ourselves, from all that pulls us away from God. Jesus' teaching here shows us again that He understood what it is to be human. He understood that we want to do what is right — but we also want to do what is wrong. He reminds us to make this conflict a matter for prayer.

For Thine is the Kingdom, the Power and the Glory, forever.

Praise Him! *1 Chronicles 29:11*

Amen.

Yes!

Much of the above information is found at the Upper Room website. www.upperroom.org/devotional/lordsprayer



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