

## How to Pray and What to Pray

Jesus taught His disciples the model for how to pray in Matthew 6:9-13, commonly known as “*The Lord’s Prayer*.” As we consider each phrase that Jesus said, may we reflect on how we are to pray to God.

The Lord’s Prayer	What Does it Mean?	What Are We to Pray?
<i>Our Father in heaven,</i>	The God that we are praying to is our Heavenly Father.	We direct our prayers to God and worship Him through our prayers by giving Him praise and adoration.
<i>hallowed be Your name.</i>	Praise and adoration for who God is.	
<i>Your kingdom come,</i>	Recognize that it is about God’s kingdom, His work, and His ministry.	We declare that it is about God’s kingdom, His work, and His ministry, knowing that His ultimate will is going to be carried out on earth as it is in heaven. In doing so, we acknowledge it is not about our own desires and plans that will prevail, but God’s.
<i>Your will be done, on earth as it is in heaven.</i>	Acknowledge God’s will is going to be done. Know that God’s work on earth is the same as it is in heaven.	
<i>Give us this day our daily bread, and forgive us our debts,</i>	God is the Provider of our daily needs. Every sin that we commit is against God, and we need to ask for His forgiveness.	We ask God to provide for our needs. We humbly confess our sins before God and ask Him to forgive us.
<i>as we also have forgiven our debtors.</i>	As God has forgiven us, we need to forgive others who sinned against us.	We acknowledge before God those who sinned against us and we have forgiven.
<i>And lead us not into temptation, but deliver us from evil.</i>	We look to God for guidance, and ask for Him to lead us away from temptation. Only God can deliver us from evil.	We ask for God’s guidance in our paths, that we would not led astray. We ask for God’s deliverance from evil.

Similar to “The Lord’s Prayer,” we can also adopt the **ACTS** model when we pray:

**ADORATION** - Begin by praising and adoring God for who He is in our life and what He has done.

**CONFESSION** - Confess our sins to Him and acknowledge that our sins are forgiven because of Jesus’s finished work on the cross.

**THANKSGIVING** - Thank God for His blessings upon our life, especially for sending His Son to die for our sins.

**SUPPLICATION** - Present our requests to God, and asking for His will to be done in our life.

