

Family Discipleship Resource

April 14-20

(Matthew 6:7-15)



G – Gather for Prayer

Father,

Thank you for the gift of prayer. Help me to make the most of the opportunity that I have to communicate with you.

In Jesus' Name, Amen

R – Read the Text (Matthew 6:7-15)

"7 And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words. 8 So do not be like them; for your Father knows what you need before you ask Him.

9 Pray, then, in this way:

'Our Father who is in heaven,

Hallowed be Your name.

10 'Your kingdom come.

Your will be done,

On earth as it is in heaven.

11 'Give us this day our daily bread.

12 'And forgive us our debts, as we also have forgiven our debtors.

13 'And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.] 14 For if you forgive others for their transgressions, your heavenly Father will also forgive you. 15 But if you do not forgive others, then your Father will not forgive your transgressions."

O – Observe what God has said

What should be avoided in our prayer lives?

What should be included in our prayer lives?

W – Work on Application

We learn from this instructive passage that indeed there are things that one should not include in their prayer life. Vain repetition and meaningless jargon have no place in the highly personal and powerful prayer life that should be evident in those who follow the Way of the King. In thinking about what one should pray about, we were able to see that our prayer life, while personal, should not be initially focused with oneself. Rather our prayers should reflect a high view of God and His activity in not only our lives, but in the life of the entire body of Christ. Likewise, we saw that praise should be included along with committing our personal needs to God in faith and confessing one's sin and asking for forgiveness. Finally, we saw that prayer should include requesting God's help to live out the life He has called us to in this world that is full of temptation. In summary, prayer has an upward, inward, and outward component that has everything to do with God and little to do with me. These are the things, Jesus suggests, we fill our prayer lives with.

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How can we help ourselves remember how we should pray according to this passage?

Family Weekly Memory Verse: "Pray without ceasing"-1 Thessalonians 5:17