

## Personalizing the Lord's Prayer

Jesus taught a prayer pattern that we can use to daily commune with God and align ourselves to his will. It is simple, yet incredibly comprehensive. It can be prayed in five minutes or forty-five minutes. The key is to personalize the prayer and paraphrase each element for that day. Take a moment to slow down and still yourself before beginning.

### *Our Father in Heaven,*

Spend time thanking God for being a faithful, loving Father to you and others. Thank God for adopting you into his family and calling you his beloved child. Spend time soaking in his love, care, and protection for you. Pray for your church to be unified by the Father's love.

### *Hallowed be Your Name*

Choose an attribute of God to meditate on such as his creativity, wisdom, holiness, love, power, beauty, grace, faithfulness, patience, goodness, or compassion. Ponder upon this aspect of God's character and savor it until you feel gratitude toward God and your affections are moved for him. With a thankful heart, allow that to lead you in praising God for who he is and what he has done.

### *Your Kingdom Come, Your Will be Done, On Earth as it is in Heaven*

Pray this phrase over yourself, family, friends, church, neighborhood, and workplace. Release your ego, wants, and desires by submitting your life, circumstances, and priorities to God's will and desires. Perhaps you can bring before the Lord each plan and event you have for the day, and ask him to bring his kingdom throughout. Then pray for the kingdom causes that the Spirit lays on your heart. Where in your relationships, neighborhood, workplace, city, and world is God's power, presence, and healing needed?

### *Give us this Day Our Daily Bread*

Having first submitted yourself to God's purposes and desires, bring your own needs, wants, and struggles to God for his filling. Pray for your spiritual, emotional, relational, and physical needs. As you do so, trust that God is more about your good than even you are. The prayer is for "us," so include others as well. Lift up the family members, friends, neighbors, and co-workers that the Spirit brings to mind. Ask for God's help to remain content with what he provides for you.

### *Forgive us our Debts, As we also Have Forgiven our Debtors*

Confess to God your brokenness and sins. How have you failed to live for the kingdom in what you have said or done (or not done)? Are there idols that you need to repent of? As you bring these to the light and confess them to the Lord, receive the assurance of God's forgiveness. There is no condemnation for those who are in Christ Jesus.

Now extend that same forgiveness to others through prayer. Is there someone you need to forgive? Is there resentment or a grudge that needs to be released? Ask God to lead you in forgiving the person. As Christ's disciples we're called to love as we have been loved.

### *And Lead us not into Temptation, But Deliver us from the Evil One*

Ask God to guide your steps and guard your heart. Pray for strength to resist temptations that come from both within and outside you. If there's an area where you've felt weak or susceptible, name it and ask the Father for special provision. Jesus tells us that the devil comes only to steal, kill, and destroy. Pray to be delivered from schemes of the evil one and for God's kingdom to prevail.