

How to pray

Reading: Matthew 6:9-13

Jesus said, "This is how you should pray:
Our Father in heaven,
hallowed be your name.
your kingdom come, your will be done,
on earth as it is in heaven.
Give us our daily bread.
forgive us our sins,
As we forgive those who sin against us.
Lead us not into temptation,
but deliver us from evil."

Thought about the reading

Jesus taught his disciples how to pray by giving them a special prayer. He told us that we can pray to God and call him Father, or Daddy. That is because he has made us his children.

God wants us to pray or talk to him. We can use this special prayer, or we can use different prayers. We can talk to God in the same that we talk to other people. Although we can't see him, he can always hear us.

The prayer starts by praising God because he is holy and special – "hallowed be your name." Then it asks

that God's kingdom will come, that everyone will do what God wants.

The next part is a prayer for us, that God would give us what we need every day – "our daily bread." It asks that God would forgive us for the things we have done wrong, and he would protect us from evil.

If you say this prayer in church, a bit has been added which reminds us how great God is:

"For the kingdom, the power and the glory are yours, now and forever. Amen."

Prayer

Lord Jesus, thank you that you want us to talk to you.
Thank you that you always hear us when we pray.

Please help me to find time to pray, to tell you how wonderful you are and to share my worries with you.

Amen



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Bible Study notes

The Sermon on the Mount

3. How to pray

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