

A photograph of a dirt path winding through a dense forest of evergreen trees. The scene is dimly lit, suggesting dusk or dawn, with a soft glow on the horizon where a mountain range is visible. The text is overlaid on the upper half of the image.

THE LORD'S PRAYER

*21-Day Prayer and Fasting
Devotional Guide*

Pray then like this:

*“Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.”*

MATTHEW 6:9-13

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INTRODUCTION

In the Spring of this year, we will enter into a much anticipated season of fresh vision and direction for the mission of God at Resonate Church. And though we cannot wait for you to be introduced to what we believe God has in store for us, we are convinced that *fruitfulness in our missional efforts will not be experienced apart from a renewed commitment to seeking and depending on God through the “ancient paths” of prayer and fasting.*

With that in mind, the purpose of this guide is to help prepare and equip everyone at Resonate Church, regardless of where you are in your journey of faith, to engage in 21 days of prayer and fasting together.

Whether you are familiar and experienced with the spiritual disciplines of prayer and fasting or will be engaging in these things for the first time, we encourage you to read through the introductory sections of this guide preceding the daily devotionals, prayerfully consider how you would like to participate, and, in faith, jump in and join us!

One final thing, *we strongly encourage you to sign up for the fast* (on the website listed below). By doing so, our staff can be praying for you as you fast, and, through a daily email, we can encourage you throughout the 21 days!

Edward Paz
Mobilization Pastor
January 2025
www.resonatemovement.org/fast

WHY PRAYER AND FASTING?

Why, exactly, are we praying and fasting together as a church? Why are we setting aside 21 days, from *Monday, February 3 through Sunday, February 23*, to abstain from certain types of foods and comforts? Our two specific purposes are:

PURPOSE #1 - PERSONAL PURSUIT OF CHRIST

The first purpose of these 21 days is to intentionally *pursue renewed intimacy and fellowship with Jesus Christ* through meaningful times of private and corporate prayer.

Jesus makes it clear in John 15:5—“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

By withholding from certain types of foods and removing distractions, it is our prayer that, through these 21 days of prayer and fasting, you experience, in fresh ways, the supernatural joy, peace, and fulfillment that comes from abiding in Jesus.

PURPOSE #2 - CORPORATE PREPARATION FOR MISSION

On the weekend of Sunday, February 23, we will start a teaching series entitled *Seek First*.

In addition to this series being a study through Matthew 6:25-34, during this series, we will also be introduced to fresh vision for our church as we begin a 2-year discipleship journey that we will go through together as a church family!

With that in mind, the second purpose of these 21 days is to *prepare our hearts* for the mission that God has in store for us. As we pray and fast, it is our hope that God readies us to surrender our lives to him in new ways and engage with the mission of God, both locally and globally, in ways we never have before.

For more information on what the Scriptures have to say about fasting and to sign up for our fast, visit www.resonatemovement.org/fast.

HOW DO I FAST?

First, as a disclaimer, be sure to, if necessary, get your physician's clearance for whatever fast you decide to do.

Also, if you have a history of eating disorders or if fasting is a negative trigger for you, we would encourage you to abstain from something other than food that you really enjoy (social media, television, a certain drink, activity, etc.). If you can healthily fast from food, we encourage you to practice this discipline.

With those things in mind, there are four types of fasts that we recommend that you prayerfully consider participating in:

FAST #1 - SOUL FAST

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television/Netflix for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast. Other suggestions for the soul fast include fasting from **drinking coffee, shopping, drinking alcohol, playing video games, or any other comfort or vice that the Holy Spirit might be calling you to sacrifice** over the course of the 21 days.

FAST #2 - SELECTIVE FAST

This type of fast involves removing specific foods from your diet. One example of a selective fast is the Daniel Fast, which is also known as a Vegan diet, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food. In the selective fast you can also remove just one of a specific type of food. You can remove strictly meats, strictly sweets, or strictly breads.

The whole point of the selective fast is to abstain from the specific type of food that the Holy Spirit convicts you to remove for the duration of the fast.

FAST #3 - PARTIAL FAST

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. **This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.** These days, this type of fast is also commonly referred today as “intermittent fasting.” Though you are not eating any foods during the time period you choose, in this fast, we do strongly recommend you drink plenty of water or juice during the hours you aren’t consuming food.

FAST #4 - COMPLETE FAST

In this type of fast, you drink **only liquids, typically water with light juices as an option.** With this fast you can also choose to include liquid only soups such as chicken broth, tomato and lobster bisque, and miso soup!

FIVE ENCOURAGEMENTS

ENCOURAGEMENT #1 - PRAY ABOUT IT

Prayerfully consider what type of fast the Holy Spirit would lead you to do. Don't make an impulsive decision. Don't just do what a friend or family member is doing. Ask God for direction. If He leads to you alter or combine the types of fasts described, feel free to do that as well. This is not a competition. This is not about doing the most extreme thing so you can get God's attention. This is not about losing weight. This is about responding to the Holy Spirit's leading with joyful submission because God is worthy of our obedience!

ENCOURAGEMENT #2 - WHEN HUNGRY, PRAY

When you are feeling hunger pains or desiring to indulge in the food, comfort, or gift from God you've decided to fast, *allow that to be a physical indicator that it is time to take the spiritual posture of humility and dependence upon God in prayer.* If you are fasting at a certain time of the day, replace the times when you would regularly eat with engaging with this prayer guide, reading the Word, and prayer. Jesus is the Bread of Life. Jesus is the living water! When the physical impact of fasting becomes overwhelming, feast on Jesus. Talk to Him. Depend on Him. Cry out to Him. He will satisfy!

ENCOURAGEMENT #2 - FAST WITH FRIENDS

Don't do this alone. Let's join one another on this 21-day journey. For encouragement. For accountability. For partnership in prayer. Commit to a specific family member or friend to engage and enjoy this fast with.

ENCOURAGEMENT #4 - EXPECT GOD TO ANSWER

Faith is such a critical component of cultivating an effective prayer life. With that said, as you pray, apply whatever faith you have to believing that God, indeed, will respond to the prayers that you're praying. God *can* restore. God *can* heal. God *can* provide. God *can* save. And where you lack the faith for God to do these things, God *can* supply you with more faith! *God can!* Expect him to.

ENCOURAGEMENT #5 - FINISH WELL

If for some reason, you break the fast, forget to fast, or accidentally or purposely eat something you committed not to, don't freak out! Don't condemn yourself. Don't throw in the towel and quit the fast. Don't believe the lie that every prayer you prayed is now somehow null and void. Instead, praise God for His grace and mercy, and continue your fast and *see it through to the end*. God is worthy!

HOW TO USE THIS GUIDE

STEP #1 - THINK THROUGH AND WRITE OUT A PLAN

After prayerfully considering what type of fast you are going to engage with, fill out your personal prayer and fasting plan (an example can be found on the next page) so that you have increased clarity behind the “Why?” and “How?” of your fast.

STEP #2 - READ THE DAILY DEVOTIONAL

Each day, encourage your heart by reading through the brief, daily devotional designed to help you more deeply understand a specific section of the Lord’s Prayer.

STEP #3 - PRAY THROUGH THE PRAYER PROMPTS

Read the prayer prompts and use them as a springboard for a meaningful, honest time of prayer with your Heavenly Father. In addition to speaking to God through your prayers, we encourage you to also create space to listen for God’s response to the prayers you’ve prayed.

PRAYER & FASTING PLAN (EXAMPLE)

MISSION

(Write a brief sentence that summarizes why you're praying and fasting.)

The purpose of my fast is to re-establish seeking Jesus as my #1 priority.

MOTIVE

(Write out one or more "anchor" scriptures that are motivating your fast.)

Matthew 6:33. Colossians 3:2. Hebrews 13:5

METHOD

(Which fast will you do? What specific foods and gifts from God will you fast?)

Daniel Fast. Sweets. Sodas. Shopping. Netflix.

(What Scriptures will you commit to reading over the next 21 days?)

The Book of Matthew

(Which family members and/or friends will you do this fast alongside?)

Rebekah Paz. Christopher Stites. Spencer Romero.

MIRACLES

(Write 3-4 supernatural miracles that you will be praying for God to perform through your fast.)

1. Breakthrough in prayer life with my wife.
2. Powerful encounters with God this semester in the School of Ministry.
3. Supernatural health and healing for the marriages of my friends.
4. Renewed sense of commitment and energy to stewarding my physical health.

YOUR PRAYER & FASTING PLAN

MISSION

(Write a brief sentence that summarizes why you're praying and fasting.)

MOTIVE

(Write out the one or two "anchor" scriptures that are motivating your fast.)

METHOD

(Which fast will you do? What specific foods and gifts from God will you fast?)

(What Scriptures will you commit to reading over the next 21 days?)

(Which family members and/or friends will you do this fast alongside?)

MIRACLES

(Write 3-4 supernatural miracles that you will be praying for God to perform through your fast.)

**DAILY
DEVOTIONALS
AND PRAYER
PROMPTS**

YOUR MOTIVE

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others.

*Truly, I say to you, **they have received their reward.***

Matthew 6:16

“...a person must take heed that no spirit of self-display creeps in, no craving for human applause, which divides the heart and prevents it from being pure and candid for acquiring knowledge of God.”

St. Augustine

As we begin our 21 days of prayer and fasting together as a church family, it would be unwise of us to not begin our fast without investing some time examining the motives within our hearts for why we are praying and fasting in the first place.

Jesus doesn't say much about fasting during his earthly ministry, but he does, very clearly, say this: **Do not fast to be seen by others.** Do not fast for the praise, respect, acknowledgement, or attention that you might receive by practicing this spiritual discipline.

But a clear distinction must be made here. Jesus is not condemning being seen fasting. (People finding out you are fasting is likely to happen.) Instead, Jesus is condemning *wanting* to be seen fasting. Jesus is condemning practicing acts of righteousness, primarily, so that other men and women can perceive you as being righteous.

With this admonition from Jesus in mind, consider for a moment your motivations for joining us in these days of prayer and fasting. Why are you doing this? What is your goal? Who is your audience? How has God spoken to you about why engaging in this is good for you?

If you have yet to do so already, I encourage you to fill out the “Your Prayer and Fasting Plan” found on page 16. Ask the Lord to guide you to one or two scriptures that can be the biblical motivations for your fast.

There’s one more sobering thought we should be aware of as it relates to our motives. Jesus doesn’t only discourage the motive of wanting to be seen by others, he also warns us of the result...

**If being seen is your only goal,
being seen will be your only reward.**

Personal Prayer Prompts

Praise God for giving you biblical motivations for prayer and fasting. Ask God to give you sober judgement and self-awareness of your motives. Confess any self-serving or self-righteous motives you perceive. Ask God to exchange your selfish motives for God-glorifying motives. Ask God for the motives of worship, obedience, self-control, self-discipline, consecration, and intimacy with Jesus.

Corporate Prayer Prompts

Pray for our church family as we begin to pray and fast together. Pray that our motives are Spirit-led rather than flesh-driven. Pray for God to do miraculous things among us that result in him being glorified all across the Bay Area!

GOD'S REWARD

*But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret **will reward you.***

Matthew 6:17-18

Doing right “just because it is right” is not the Christian ideal. Doing right to enlarge our delight in God is...So for the sake of your own soul, and in response to Jesus, and for the advancement of God’s supremacy in all things for the joy of all peoples, comb your hair, and wash your face, and let the Father who sees in secret observe how hungry you are for Him with fasting. The Father who sees in secret is brimming with rewards for your joy and for his glory.

John Piper

The idea of being rewarded for prayer and fasting makes many followers of Jesus uncomfortable. **We tend to think that being aware of the possibility of reward diminishes the purity of our pursuit.** This couldn't be further from the truth.

Jesus tells us that he rewards fasting because he *wants* us to know that he does so. In the same way that Jesus tells his disciples that our Heavenly Father rewards giving and prayer (Matthew 6:3-6), fasting, when practiced to be seen by God, is also rewarded by God. We should take great delight in this glorious reality.

The “rewards” of fasting that I’ve experienced over the years have included having specific prayers answered, hearing the voice of the Lord, seeing people saved,

receiving financial provision, experiencing victory over sin, and enjoying relationships being strengthened. Receiving these gracious rewards has been so gratifying.

But, as nice as those rewards have been, the greatest reward that I've received every time I've fasted and prayed, over the years, has been enjoying more of Jesus. More of the love of Jesus. More of the joy of Jesus. More of the peace of Jesus. More of the grace of Jesus. More of the sufficiency of Jesus. More of the voice of Jesus. More of the comfort of Jesus. More of the presence of Jesus.

**Less of the world. More of Jesus.
This is God's great reward of fasting.**

Personal Prayer Prompts

Praise God for rewarding what is done in secret. Express to your Heavenly Father the rewards you wish to experience through these days of prayer and fasting. Ask God to give you a spirit of expectation for the rewards he desires to pour out into your life. Ask God to reward you with more of himself. Ask God to reward you with a supernatural understanding of the greatness and sufficiency of Christ.

Corporate Prayer Prompts

Ask God for a spirit of expectation to rise up in the hearts of our church family as we pray and fast together. Ask God to give us the belief that he is seeing what we are doing. Ask God to grow our church to become more *gracious receivers of God's rewards*. Ask God to reward the people of our church with more of himself in the days ahead. As we empty ourselves of the things of this world, ask God to reward us by filling us to overflowing with more of him.

A PRESCRIBED PATTERN FOR PRAYER

Pray then like this: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

Matthew 6:9-13

The Lord’s prayer is given us as a directory for prayer, a pattern and an example, by which we are to regulate our petitions, and make other prayers.

Thomas Brooks

There are many things Jesus *didn’t* teach his disciples how to do. He didn’t teach his disciples how to cook. He didn’t teach his disciples how to exercise. He didn’t teach his disciples how to dress. But, **Jesus did teach his disciples how to pray**, and because he did, as followers of Jesus, we should pay close attention.

Prayer no longer has to be a mystery we solve or a formula to figure out. Instead, it can be seen as a way to engage with God, that has graciously been pre-determined from the beginning of time.

The problem is, because many of us are so familiar with the words of the Lord’s Prayer, the significance, depth, and meaning of the words is lost on us. We’re familiar with the pattern, but we are unfamiliar with the pattern’s *point*. **The words of the Lord’s Prayer have become white noise we dismiss rather than present beauty we enjoy.**

All of us, at one time or another, have eaten a dish with a missing ingredient or two. And every time we do, we can taste that something is off. Something isn't quite right. The dish doesn't quite pack the punch that it does when *all* the ingredients are present.

It's the same with prayer. When we pray in our own way, and when we leave out "ingredients" of how Christ instructed us to pray, the way we relate to God in prayer lacks the fullness and "flavor" he intended.

The goal in the days ahead, then, is to not only rediscover the meaning behind Christ's prescribed pattern for prayer but it is also to practice it so we can experience the joy, intimacy, and effectiveness that comes from praying the way Christ taught us to pray. What an opportunity!

The Lord's Prayer isn't words to mindlessly recite; it's a pattern to mindfully follow.

Personal Prayer Prompts

Express praise to God for making it clear to his followers how we ought to pray. Ask God to give you fresh understanding into the depth of meaning and power found in the parts of the Lord's Prayer. Ask God to give you the humility to pray in the way he taught us to pray.

Corporate Prayer Prompts

Ask God for a corporate re-commitment to praying more in alignment with Christ's instruction. Ask God to refresh our passion for prayer in such a way that, after our corporate fast has concluded, our church's desire to seek the Lord through prayer is forever increased.

PRAYER ISN'T ONLY PERSONAL

*Pray then like this: “**Our** Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

...the word ‘our’ shows that this is a corporate prayer. It reminds us that we are not praying alone. We are praying with and for each other. Beyond community solidarity, the ‘our’ reveals to us the often overlooked (or taken for granted) reality that God is ours — not, of course, in the sense that we own or possess him, but in the sense that we are in a relationship with him.

Douglas Sean O’Donnell

There is not a single personal pronoun in the Lord’s Prayer. Instead, the words ‘our’ and ‘us’ are used throughout. What impact should this have on how we pray?

First, it is important for us to remember, as believers in Jesus Christ, we not only have a personal relationship with God, but we also have a corporate identity as brothers and sisters in a family. When we come to God in prayer, then, it is important that we acknowledge that we are joining millions of people around the world, in God’s global family, who seek the Lord through prayer. It must not be lost on us, **our faith in Jesus Christ is radically communal just as much as it is deeply personal.**

Second, when we pray, in addition to being aware that we are a part of a larger community, the use of the word “our”

is prescribed to also remind us that the God to whom we are praying is a God that we are in *relationship* with. **We do not pray to a distant, uninterested, inaccessible celestial being who we hope knows us and hears us.** Instead, we pray to “Our Father,” and it is this corporate relationship with God that should greatly impact the comfort and confidence that we experience when we pray.

**Communal identity. Corporate relationship.
These are the beautiful implications of “Our.”**

Personal Prayer Prompts

Express your gratitude and thanksgiving for the global Body of Christ. Talk to God about how thankful you are to be a part of a multi-ethnic, multi-generational, and international family of God. Ask God to give you a greater awareness of and love for followers of Jesus Christ all around the world. Ask God to help you to see your need for the brothers and sisters in Christ that are in your life.

Corporate Prayer Prompts

Pray for a renewed passion for prayer for all Christians worldwide. Pray for supernatural unity in the Body of Christ. Pray that regardless of denominational lines, philosophical approaches to ministry, and positions on secondary issues, that the Church all across the globe would pursue unity under the banner of the gospel of Jesus Christ. Pray that the Church at large would grow in our understanding of the importance of our communal nature.

HOW TO RELATE TO GOD IN PRAYER

Pray then like this: “Our **Father** in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

Matthew 6:9-13

Implant in our hearts the comforting trust in your fatherly love.

John Calvin

When Jesus instructs us to pray, we are *not* encouraged to address God as our Savior, Judge, Defender, Provider, or even our Lord. Instead we are directed to acknowledge and relate to God, in prayer, primarily, as our *Father*.

Though we all have different experiences with our earthly fathers, we need to know this: **God is the perfect Heavenly Father who can be for us what no earthly father ever could be.** If you grew up with a great father, your Heavenly Father wants to pour out an even *greater* love. If you grew up with a father who was absent or didn't provide what you needed, your Heavenly Father wants to *redeem* what you missed out on with his perfect love.

Full of compassion. Full of grace. Full of mercy. Full of forgiveness. Full of strength. Full of discipline. Full of provision. Full of safety. Full of protection. Full of wisdom. Full of power. Full of patience. This is the nature of our perfect Heavenly Father.

But it gets better. You are *chosen* by this Heavenly Father. You are *accepted* by this Heavenly Father. You are *loved* by this Heavenly Father!

And, like the father in the parable of the Prodigal Son in Luke 15, our Heavenly Father is *waiting* for us to pursue him. And when we do pursue him, he will “run” out to meet us with his enthusiastic welcome and warm embrace. And, after we feel the acceptance of his loving arms, he longs to lavish us with his greatest gifts and best blessings!

Now, **talk to your Heavenly Father as the loved, chosen, and valued child that you are.** He’s longing to hear from you.

To relate to God as Father in prayer is an unmerited and precious reality to cherish.

Personal Prayer Prompts

Thank God for the life, death, burial, and resurrection of Jesus Christ which makes being adopted into God’s family possible. Ask God to heal the wounds your earthly father may have caused. Ask God for the strength, power, and compassion necessary to forgive your earthly father. Pray for a supernatural freedom to relate to God as your Heavenly Father.

Corporate Prayer Prompts

Pray for us to have a corporate re-awakening to the reality that God is our Father. Ask for a fresh, supernatural safety and security in God as our Father. Ask that God would compel us to pray big prayers knowing that we have a father who loves us and longs to answer our prayers.

HEAVENLY FATHER

Pray then like this: “Our Father *in heaven*, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

Matthew 6:9-13

High and lifted up; God over all, blessed for ever: Who, sitting on the circle of the heavens, beholdeth all things both in heaven and earth; whose eye pervades the whole sphere of created being; yea, and of uncreated night; unto whom “are known all his works”, and all the works of every creature...

John Wesley

Yes, God is our Father, and we are to relate to him as such. But, equally important for us to be mindful of, as we pray, is that he is our Father in *heaven*.

He is in a class of fatherhood all by himself. He is the Father from whom *every* earthly mother and father originates and lives and moves and has its being. No one is like him.

He knows all. He sees all. All that is in the heavens. All that is on earth. All from an eternal perspective. And nothing, from the beginning of time till the end of time, including anything that has ever been outside of time, is beyond his gaze.

How should this mind-numbing reality impact the way we pray? The answer is quite simple.

Though our relationship to God as Father should result in a supernatural **comfort and peace**, because God is also our Father in *heaven*, when we pray, we should also be filled with a **reverence and awe**.

The moment our enjoyment of the fatherly relationship diminishes our respect for his heavenly reign, our understanding of who God is and how we should relate to him becomes unbalanced.

Sometimes we'll relate to God more from the "father" perspective and other times we'll relate to God more from the "heaven" perspective, but we must not forget that *Heavenly Father* is the ultimate "both/and."

**Heavenly Father—both infinitely powerful
and intimately personal.**

Personal Prayer Prompts

Praise God for his infinite nature and his heavenly ways. Praise God that though you can know him you will never be able to fully understand him. Praise God that his ways are higher than our ways. Ask God to give you both a comfort and peace and a reverence and awe for him when you pray.

Corporate Prayer Prompts

Pray for the people of our church to have an increasingly balanced view of God as our Heavenly Father. Pray that as we continue to pray and fast together that we would grow in our understanding of how intimately personal God is and how infinitely powerful God is.

KEEP GOD'S NAME HOLY

*Pray then like this: "Our Father in heaven, **hallowed be your name**. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

*The child lisping, "Abba, Father,"
grows into the cherub crying, "Holy, Holy, Holy."*

Charles Spurgeon

With a more clear understanding of the way we are to view our relationship to God when we pray, we will now turn our attention to the first of the six separate petitions found in the Lord's Prayer—"hallowed be your name."

Other translations say, "May your name be kept holy."

The unfortunate truth is, when most of us pray, we don't start with a desire in our hearts for the holiness of God to be made known, instead, we start with the urgency in our minds for our needs to be met.

We start with making personal requests rather than praising God and articulating reverence and adoration for who God is. This is not how Jesus taught us to pray.

Jesus teaches us to start our prayers with the holiness of God, revealing to us that the major paradigm shift we need to have when it comes to prayer is this: **it's not about us.**

Instead, the purpose of prayer and the purpose of every other petition found in the Lord's Prayer, after the first one, is so God's name can be kept, revered, praised, honored, and known as holy.

John Piper, in a sermon from 2020, said it best,

"We are delivered from evil for the hallowing of God's name. We are forgiven our sins for the hallowing of God's name. We are given bread-sustained life for the hallowing of God's name. We do the will of God for the hallowing of God's name. And we submit to God's kingly rule for the hallowing of God's name."

In other words, if the ultimate result of every prayer we want answered isn't the holiness of God being put on display, we shouldn't be praying it.

Reverence isn't only prayer's prescribed starting point. Reverence is prayer's primary purpose.

Personal Prayer Prompts

Praise God for his holiness. Praise God that he is perfect in all of his ways. Praise God that he is an infinite "cut above" every other person or being to ever exist. Ask that God would make the spread of his holiness and fame to be your all-consuming desire.

Corporate Prayer Prompts

Pray for our church to be more concerned with the holiness of God being made known than our personal comforts being kept secure. Pray for us to have supernatural revelation into understanding the depth, width, and breadth of the holiness of God.

ELOHIM

“In the beginning [Elohim] created the heavens and the earth.”

Genesis 1:1

*For thus says the Lord, who created the heavens (he is God!),
who formed the earth and made it (he established it;*

he did not create it empty, he formed it to be inhabited!):

“I am the Lord, and there is no other.

Isaiah 45:18

Many of us are challenged by the ultimate purpose of prayer being for the name of God to be *kept* holy, because we have a very shallow understanding of why the name of God *is* holy.

With that said, before moving forward in our meditations on the Lord’s Prayer, we are going to invest the next three days deepening our understanding of the holiness of God’s name.

The great theologian R.C. Sproul writes, “The problem we face is that the word *holy* is foreign to all languages. No dictionary is adequate to the task.”

I share this thought with you because I want us to be aware that when it comes to talking about and understanding the holiness of God we are all in over our heads and are in desperate need of illumination from the Holy Spirit of God. So, Lord, please help us.

Elohim is the first name of God mentioned in the opening line of the opening book of all of the Scriptures. It means “supreme one,” “mighty one,” or “exceedingly great.”

Another primary way Elohim is interpreted is, “The strong creator God.”

Who is the only one who has the power to create all of the heavens and all of the earth? *Only* Elohim. Who is the only uncreated being? *Only* Elohim. Who is the only one who could create everything out of nothing? *Only* Elohim. Who is the only one whom science can't fully explain yet is responsible for fully creating science? *Only* Elohim.

Therefore, Elohim is the *only* name that we should revere and pray, “Hallowed be your name.”

Elohim—Creator God.

Personal Prayer Prompts

Praise God for creating the heavens and the earth. Praise God for creating you. As the one created, ask God to give you a fresh, humble reverence and submission for God as the Creator. Repent to God for ways in which you've not given Elohim the honor and glory due to his name.

Corporate Prayer Prompts

Pray for our church to grow a humility, wonder, and awe for Elohim. Pray for our church to more deeply understand that when we pray, we aren't praying to a created being but we are praying to the one who created every being! Pray that through our words, actions, and deeds that our church would keep the name of Elohim holy.

YAHWEH

God said to Moses, “I am who I am.” And he said, “Say this to the people of Israel: ‘I am has sent me to you.’” God also said to Moses, “Say this to the people of Israel: ‘The Lord, the God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you.’ This is my name forever, and thus I am to be remembered throughout all generations.

Exodus 3:14-15

Who has performed and done this, calling the generations from the beginning? I, the Lord, the first, and with the last; I am he.

Isaiah 41:4

Yahweh is the most frequent Hebrew name for God used in all of the Scriptures. It is used over 6,800 times in the Old Testament and is found in every OT book except for Esther, Ecclesiastes, and the Song of Songs.

Like Elohim, Yahweh is a very robust and expansive name for God that has many definitions and implications (too many to be covered in this brief devotional), but at it's core, **Yahweh speaks to the eternal nature of God.**

Yahweh has no beginning. Yahweh has no end. Before time began, Yahweh was. When time ends, Yahweh will be. Yahweh was reality before reality was. **Time is not something Yahweh exists within. Time is something Yahweh exists without.**

Yahweh needs not to wait for anything because, though Yahweh has been in every past moment and is in every

present moment, Yahweh is also already where everything one day will be. Yahweh is *always* “there already.”

Though Yahweh depends on nothing to exist, everything depends on Yahweh for its’ existence. Nothing upholds Yahweh, yet without Yahweh nothing is upheld.

While everything in the universe can be described to be changing, Yahweh never changes. Yahweh is the same yesterday, today, and forever. Yahweh is perfection. Yahweh is the great “I AM.” Yahweh cannot be improved, upgraded, or enhanced. Therefore, Yahweh conforms to nothing. Instead, everything conforms to the will of Yahweh.

It is for these reasons and so many more that human words will never be able to articulate that Yahweh is the only name to whom we should pray, “Hallowed be your name.”

Yahweh—Eternal God.

Personal Prayer Prompts

Praise God for his eternity. Praise God for all that you can’t comprehend about what being eternal even means! Praise God for his perfection. Repent for the many times you’ve failed to trust and believe in Yahweh.

Corporate Prayer Prompts

Pray for a corporate worship of Yahweh. Pray for a greater corporate understanding of Yahweh. As our comprehension of Yahweh expands, pray for a reverence and trust to rise up within us for Yahweh like we’ve never had before.

ADONAI

*“Turn to me and be saved, all the ends of the earth!
For I am [**Adonai**], and there is no other.
Isaiah 45:22*

*Therefore God has highly exalted him and bestowed on him
the name that is above every name, so that at the name of
Jesus every knee should bow, in heaven and on earth
and under the earth, and every tongue confess that
Jesus Christ is Lord, to the glory of God the Father.
Philippians 2:9-11*

Adonai is understood to be the *highest title* used for God in the Old Testament. At its essence and core, **Adonai is the name used for God to describe him as Lord, Master, and Owner.**

Because God is Elohim (Creator) and because God is Yahweh (Eternal) it is only fitting, appropriate, and right, then, that God would also be Adonai (Lord).

Unfortunately, because of the predominately Western value of individuality and autonomy that many of us are pursuing, many Christians have great difficulty in relating to and reverencing God as Adonai.

We don't want to be ruled. We don't want to be reigned over. We don't want to have a master. We don't want to be owned. We don't want to be subject to anything or anyone.

But, it's not only that we don't want Lordship. It's actually much worse than that. We despise and reject it.

Where we have not worshipped, acknowledged, revered, and desired God as Adonai, we must repent.

As Adonai, God is subject to no one. Everyone is subject to God. Adonai is Lord *of* all and he is Lord *over* all. Whether we decide to acknowledge it or not, all of humanity is *under* God's rule, reign, sovereignty, and authority.

Similar to a master/servant relationship, because God is Adonai, we are to, ultimately, serve and submit to him and him alone. Whatever Adonai commands, decrees, and declares we are to obey, follow, and believe.

Therefore, it is to Adonai and Adonai, alone, that we pray, "Hallowed be your name."

Adonai—Lord God.

Personal Prayer Prompts

Worship God as your Master, Lord, and King. Tell him how grateful you are for his rule and reign in your life. Repent for the ways you've rejected his Lordship. Ask for a desire to live a life of submission to Jesus our Lord.

Corporate Prayer Prompts

Pray for a re-orientation of our hearts to see God as the Master, Lord, and King that he is. Pray that we would not only submit to the commands of our King but that we would embrace Adonai's rule in our life.

THE KINGDOM OF GOD

Pray then like this: “Our Father in heaven, hallowed be your name. **Your kingdom come**, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

Matthew 6:9-13

By his kingdom we mean, first, the kingdom of grace which God sets up and maintains in the hearts of all living members of Christ by his Spirit and Word. But we mean chiefly the kingdom of glory which one day will be set up when Jesus comes the second time, and “they will all know me, from the least of them to the greatest”

J.C. Ryle

With the first two sections (Relationship and Reverence) of the Lord’s Prayer more clearly understood, we now move onto the next section—*Response*.

Wouldn’t you agree that after worshipping and revering God’s name, moving immediately into making *personal* requests would be an *improper* response?

Instead, the proper response, after thinking rightly about the name of God, is *submission*. After setting our minds on the character and nature of God, the most logical thing to do next is to desire that his rule and reign manifest itself here on earth. If God is Creator, Eternal, and Lord and he is perfect in all of his ways, why would we want anything less than the expansion of his Lordship amongst us?

Jesus instructs us to pray “your Kingdom come,” because it is only when God’s agenda is realized that God’s glory is maximized.

And what, exactly, is God’s agenda? God’s agenda is for every man, woman, and child from every nation, tribe, creed, and tongue to come to salvation through faith in Jesus Christ. God’s agenda is for his gospel family to expand throughout the earth so all can experience the joy, freedom, peace, and beauty that comes from living under the loving and gracious rule and reign of Jesus Christ.

For too long our emphasis in prayer has been on the wrong things. *Our* needs. *Our* wants. *Our* desires. *Our* discomforts comforted. *Our* wounds healed. *Our* problems solved. This isn’t what Jesus taught us to focus on when we pray. A new priority in prayer must emerge in the days ahead—*God’s Kingdom* being established.

**Praying biblically is radically
Kingdom-driven not self-centered.**

Personal Prayer Prompts

Praise God for his Kingdom. Praise God for his agenda of seeing lost soul saved and Jesus’ ways being established on earth. Ask for God’s Kingdom to come into your family and home. Ask for God’s Kingdom to come through you in every space and place you inhabit.

Corporate Prayer Prompts

Pray for our church to increase in passion for the expansion of God’s Kingdom. Pray for our goals, dreams, and ambitions to be Kingdom-driven not self-centered.

GOD'S WILL VS. YOUR WILL

*Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, **your will be done**, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Grant us grace to bear willingly all sorts of sickness, poverty, disgrace, suffering, and adversity and to recognize that in your divine will is crucifying our will.

Martin Luther

If we're honest, when we pray, most times, we pray for God to do *our* will, in *our* way, in *our* timing, for *our* glory.

We rarely stop ourselves to *consider* what God's will is nor do we *consult* him for what his will is. Whether it be for our family, finances, friendships, fitness, or future—we know what we want, we believe that what we want is best, and we pray for God to make our wants reality. Unfortunately, this is not how Jesus taught us to pray.

To pray "your will be done" is to pray for God's will to be done in God's way, in God's timing, for God's glory... in every area of your life.

To pray "your will be done" is to submit what you *think* is best to what you know God *knows* is best...regardless of the cost to your comfort, ego, timeline, or deepest hopes and desires.

To pray “your will be done” doesn’t mean you don’t ever articulate what you want and how you would like God to do it, it just means you never end a prayer without a “nevertheless.”

Lord, please heal me from my sickness, *nevertheless*, not my will but your will be done. Lord, please restore this relationship, *nevertheless*, not my will but your will be done. Lord, please open the door to this employment opportunity, *nevertheless*, not my will but your will be done.

Praying “your will be done” is ultimately an act of worship because every time you pray it, you are saying, in essence, “*God, you are worthy to be trusted.*”

**To pray “your will be done”
is to believe “God’s will is best.”**

Personal Prayer Prompts

Praise God for having a will for your life. Ask for God’s will to be done in every area of your life. Repent of the specific areas in your life in which you haven’t desired God’s will and only pursued your own will. Ask God for the courage to trust his will, his ways, and his timing.

Corporate Prayer Prompts

Pray that our Elders and Pastors both *seek* and *submit* to the will of God for our church. Pray that God’s will supersedes our wants. Pray that the will of God be done in our ministries to kids, students, young adults, and adults. Pray for God’s will to be done in and through both our evangelistic and discipleship efforts.

HEAVEN ON EARTH

*Pray then like this: "Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, **on earth as it is in heaven**. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

What Jesus bids us pray is that life on earth may come to approximate more nearly to life in heaven. For the expression on earth as it is in heaven seems to apply equally to the hallowing of God's name, the spreading of his kingdom and the doing of his will.

John R.W. Stott

As the Kingdom of God and the will of God is being perfectly experienced in heaven, it should be our desire that we would experience much of the same here on earth.

Whatever *peace* looks like in heaven, Lord please, may it be so here on earth. Whatever *joy* looks like in heaven, Lord please, may it be so here on earth. Whatever *love* looks like in heaven, Lord please, may it be so here on earth.

However your name is glorified in heaven, Lord please, help us to glorify you the same way here on earth. However your Kingdom is established in heaven, Lord please, help us to establish your kingdom in the same way here on earth. However your will is done in Heaven, Lord please, help us to be agents for your will to be done here on earth.

To pray “on earth as it is in heaven” is to desire that every day of our lives that more of our world reflects the beauty of heaven. It is to believe that aspects of the future reality of heaven can be brought into the present reality of earth.

We aren't just prisoners of the moment. We aren't just subject to what the culture defines is right and good. We aren't just extras in a movie script that has already been written.

Instead, every day of our lives, we can pray, “Your kingdom come, your will be done on earth as it is in heaven,” believing, that through the power of the Spirit of God living in us we can be conduits for the Kingdom of God coming into the spaces where we live, work, and play...now.

**The Kingdom of God should be both
a future hope and a present experience.**

Personal Prayer Prompts

Praise God that aspects of what we will experience in heaven can be experienced now here on earth. Thank God for specific ways you are experiencing his Kingdom now on earth. Ask God for the faith to believe that more of his Kingdom can be realized exactly where you are.

Corporate Prayer Prompts

Pray for God's Kingdom to come in Fremont, Hayward, Oakland, Vallejo, Milpitas, San Jose, and all across the Bay Area as it is in heaven. Pray for our church to be reflections of the beauty, grace, and love of the Kingdom of God in every space and place we inhabit!

PHYSICAL NEEDS

Pray then like this: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. **Give us this day our daily bread**, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

Matthew 6:9-13

We come with our needs expectant of positive response, but we do so changed by our satisfaction in him and our trust of him. We do not come arrogantly and anxiously telling him what has to happen. Many things we would have otherwise agonized over, we can now ask for without desperation.

Tim Keller

Through the first two weeks of our 21 days of prayer and fasting, prayerfully you have come to a deeper understanding of the *relationship, reverence, and response* sections of the Lord’s Prayer.

As we begin our final week, we will now investigate the nature of the *requests* Jesus instructs his disciples to make.

That Jesus leads us to pray “give us this day our daily bread” should free us to not feel guilty about asking for God to provide for the physical needs we are concerned about. **There is nothing unspiritual or spiritually immature about crying out to God to provide for your physical needs.** Like a child relying on his parents for physical provision, us needing God to provide food and shelter is perfectly normal.

By requesting for God to provide for our physical needs we are showing God that we trust that he *can* provide and that he *cares* to provide. This is a beautiful thing.

But, one important note must be made here. We are instructed to pray, only, for the *daily* provision of our physical needs.

Though it would make us more comfortable to know that we had a month's supply of food, or a year's supply of financial resources to cover our expenses, or a 20-year supply of retirement income to secure our future, we are instructed to pray for "*daily* bread."

Why is this the case? Why can't we ask that God provide for *more* than a day? Doesn't God want us to have enough for *all* of our days? I don't know the exact answer to these questions, but I do know this...

Asking for "daily" bread requires that we talk to God and trust God everyday.

Personal Prayer Prompts

Praise God for the specific ways he has recently provided for your physical needs. Boldly ask God for the "daily bread" you find yourself in need of today. Ask God for provision for today and faith to ask again tomorrow.

Corporate Prayer Prompts

Thank God for the ways he's provided for our church. Ask God to provide for the physical needs of each of our campuses. Ask God for renewed faith to believe that he will provide for our needs, one day at a time!

SPIRITUAL NEEDS

*Pray then like this: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and **forgive us our debts**, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

Yes, my sins have all been paid for, once and for all, on the cross.

But Jesus taught us to pray for forgiveness as part of our ongoing communion with God. We need a fresh understanding, a fresh experience, of His grace and of His forgiveness every day.

R.C. Sproul

One of the most effective ways the enemy prevents us from living in the fullness and joy of our relationship with Jesus Christ is by overwhelming us with shame for our sin.

He traps us in guilt and condemnation for the ways we have sinned against God and others, leaving us to feel unworthy of God’s love and insecure in our usefulness in the Body of Christ.

I think this is one of the primary reasons why Jesus teaches us to pray, “Forgive us our debts.”

It’s not that Christians need to pray this because we haven’t already been forgiven. **Christians need to pray this so that everyday of our lives we feel, experience, and enjoy the forgiveness of God washing over even the most shameful parts of who we are.**

When we first placed our faith in Jesus for the forgiveness of our sins, it was on that day that our sins past, present, and future were fully and finally paid for by the blood of Jesus Christ.

Through the blood of Jesus Christ, we *are* debt-free of our sin debt against a Holy God. But, we are instructed to pray for God's forgiveness, daily, so we can *live* in the freedom that comes from being forgiven rather than living in the guilt, condemnation, and shame that comes from knowing we still sin. What good news!

Being forgiven by Christ shouldn't be something we just know in our heads is true, it should be something we feel in our hearts is real.

Forgiveness of sin doesn't only rescue us from death. Forgiveness of sin frees us to live.

Personal Prayer Prompts

Praise God for the forgiveness of your sin made possible through the sacrifice of Jesus Christ. Ask God for forgiveness for specific ways you've sinned against him and others in recent days. Ask God to cleanse you of your unrighteousness. Ask God for a desire for holiness. Ask for the Holy Spirit of God to empower you to live righteously.

Corporate Prayer Prompts

Ask God for us to become a repenting church. Ask God for us to be a church that hates sin, pursues holiness, and runs to the grace and mercy of God when we sin both personally and corporately. Ask God to help us live in the freedom of being a saved, redeemed, and forgiven people.

RELATIONAL NEEDS

*Pray then like this: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, **as we also have forgiven our debtors**. And lead us not into temptation, but deliver us from evil.*

Matthew 6:9-13

We come to a place of relational alignment in this moment of prayer. This requires our confession of any sin that is revealed, leading to confession and restoration—both vertically (with the Lord) and horizontally (with others). Christians are a forgiven and forgiving people.

Daniel Henderson

Like the phrases “true lies,” “original copy,” and “exact estimate,” an “unforgiving Christian” is an oxymoron!

For a follower of Jesus Christ to willfully and continually hold unforgiveness in their heart for another person who has wronged them is a clear and definite sign that they have a shallow understanding of Christ’s forgiveness for them.

We are finite beings who sin against other finite beings in finite ways leaving one another with a *finite debt* owed to one another. But, when we sin against God, we are finite beings sinning against an infinitely Holy God, therefore, leaving us with an *infinite debt* owed to God.

Yet, through faith in Jesus Christ earning our righteousness and paying for our sins on the cross (not because of any work of our own), we are forgiven. This is both simultaneously absurd and astounding!

Why do we forgive so little when we've been forgiven of so much?

Said another way, how could we not forgive someone of their \$1 debt of sin towards us when we've been forgiven of our \$1 Trillion debt of sin against God? (Matt. 18:21-35)

With this parable in mind, maybe the reason for our unforgiving hearts is more clear. We have viewed our sin against God as a \$1 debt that we've been forgiven of, and we view others' sin against us as the \$1 Trillion debt that needs to be repaid. Flip the numbers and everything changes. Worship God for the \$1 Trillion debt of sin you've been forgiven of. Forgive the \$1 debts of sin against you.

Forgiven people forgive.

Personal Prayer Prompts

Once again, praise God for the forgiveness of your sins made possible through the sacrifice of Jesus Christ. Ask God for the supernatural strength to forgive a specific person in your life from the overflow of being forgiven.

Corporate Prayer Prompts

Ask God to help us become a people who are quick to forgive. Ask God for us to become a people who don't minimize the impact of others' sins against us, but instead, we maximize the greatness of God's forgiveness for us.

THE TRUTH ABOUT TEMPTATION

*Pray then like this: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. **And lead us not into temptation**, but deliver us from evil.*

Matthew 6:9-13

It is the expression of the redeemed soul that so despises and fears sin that it wants to escape all prospects of falling into it, choosing to avoid rather than having to defeat temptation. Here is another paradox of Scripture. We know that trials are a means for our growing spiritually, morally, and emotionally. Yet we have no desire to be in a place where even the possibility of sin is increased.

John MacArthur

As we move to the final section of the Lord’s Prayer, we will now learn what it means to live with a preparedness and *readiness* for the spiritual warfare that awaits us each day.

Knowing that there is a very real enemy who is a liar and a deceiver who desires to steal, kill, and destroy every purpose of God for our lives—Jesus teaches us to pray “lead us not into temptation.”

This is a proactive prayer where we make ourselves aware of the temptations, traps, snares, and sins that so often trip us up, and we humbly ask God to help us avoid those things.

Though we understand that God graciously and lovingly brings tests our way to refine and strengthen the genuineness of our faith, in this prayer, we plead with God to help us not to fall into sin when these tests come our way.

This is a prayer that admits our weaknesses. This is a prayer that doesn't assume strength. This is a prayer that exemplifies a sober judgement of our proclivity to follow the desires of our flesh.

It is through this prayer that we specifically name anger, jealousy, lust, unbelief, laziness, selfishness, bitterness, pride, and any other sin that we know we might be inclined to commit and we humbly ask, Lord, please keep me away from these things for my good and your glory.

Unless the Lord graciously leads us out of temptation, we will willfully lead ourselves into it.

Personal Prayer Prompts

Praise and thank God for the temptations you have avoided in recent days. Ask God to lead you out of the specific temptations you know you are going to face today. Ask God to help you avoid sin where you often fall into it.

Corporate Prayer Prompts

Ask God to help us avoid the sins that so often entangle us. Ask that God would keep our pastors and leaders from falling into temptation. Ask that God would give our church supernatural insight into where we are personally and corporately most susceptible to sin.

THE NEED FOR DELIVERANCE

*Pray then like this: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, **but deliver us from evil.***

Matthew 6:9-13

In general, when we pray, “Deliver us from evil,” we pray to be delivered from the evil of SIN. Not that we pray to be delivered immediately from the presence and indwelling of sin, for that cannot be in this life—we cannot shake off this viper.

But we pray that God would deliver us more and more from the power and practice, from the scandalous acts of sin which cast a sad reflection upon the gospel.

Thomas Watson

The consequences of sin far outweigh the momentary and fleeting pleasure of indulging in sin.

Sin destroys. Sin distracts. Sin diminishes. Sin separates. Sin consumes. Sin blinds. Sin takes. Sin enslaves.

Think about all the ways sin has negatively impacted your life. For a moment, don't think of sin as a general thing all people do. Instead, think of the specific repercussions you have had to face as a result of your sin. None are good. None are lovely. None are anything you'd want to relive.

This is why Jesus concludes his instruction on how to pray by directing his followers to pray, “deliver us from evil.”

To pray to be *delivered* from evil is to pray to be *rescued* from sin. Sin is not to be played with. Sin is not to be underestimated. We need to be *grabbed* out of sin's grasp. We need to be *displaced* from sin's destruction. We need to be *snatched* from sin's snare. Daily.

And we can't do this on our own. We need the God of all creation in his omnipotence and strength to rescue us with his mighty hand.

There is no pattern, habit, or involvement in sin that Yahweh can't save you from. For every sin that the Holy Spirit of God convicts you, Elohim has prior experience defeating. Sin is no longer our master, Adonai is. Ask for deliverance. God is mighty to save.

The grip of sin is no match for the hand of God.

Personal Prayer Prompts

Praise God Almighty for his strength and power to rescue you from sin. Praise God for the past sin patterns he has already delivered you from. Thank him for his grace and mercy in rescuing you. Ask God to deliver you from the specific sins and evils that you will face today.

Corporate Prayer Prompts

Ask for God to deliver our church from the corporate evils of pride, ego, and self-reliance. Ask that God would remove us from evil and place us in paths of righteousness. Ask that our church would not only be aware of the sins that entrap us, but that we would also become a church that prays passionately for deliverance and rescue from the sins we're prone to go back to.

BELIEVE

*And whatever you ask in prayer,
you will receive, if you have **faith**.
Matthew 21:22*

*Faith is the soul, prayer is the body;
both together make a complete man for any service.
Faith, if it be right, will excite prayer; and prayer is not right,
if it do not spring from faith. This is the condition of our
receiving—we must ask in prayer, believing.
Matthew Henry*

The Lord's Prayer teaches us that when we pray we should be aware of our *relationship* with God as Father, we should show *reverence* for God as Lord, we should have a *response* of submission to his will, we should make *requests* for our physical, spiritual, and relational needs, and we should pray prayers of *readiness* for the evil that awaits. This is *how* we should pray.

But, these prayers will not be prayed nor will they be effective if one vital ingredient isn't added—*faith*.

And what should this faith be in? Our faith isn't in prayer. Our faith isn't in the words we're praying. Our faith isn't in the pattern by which we've been taught to pray. Our faith, confidence, and belief should be in the *God* to whom we pray.

Every time we pray, we must add to the words we are praying *all the faith we can offer* in the immutable, consistent, and perfect character of God.

As you pray, have faith in God's *goodness*. Have faith in God's *faithfulness*. Have faith in God's *sovereignty*. Have faith in God's *promises*. Why? Because...

God *is* good. God *is* faithful. God *is* sovereign. God *is* love. God *is* kind. God *is* compassionate. Everything that God is, he is *all* the time. Unlike everything else in this world, God's character is the only thing that can be counted on to never fail you. Never.

As sure as the sun will rise tomorrow morning, God will be who he has always been. Believe in this God. Trust in this God. Pray to this God. He is worthy of your absolute faith in him.

**Faith without prayer isn't faith.
Prayer without faith isn't prayer.**

Personal Prayer Prompts

Praise God for the faith he has give you in him. Praise God for giving you the faith to believe in Jesus Christ as Savior and Lord. Praise God for his unchanging character. Name specific attributes of God you are thankful for. Ask for God to grow you faith in who he is. Ask God for the type of faith that pleases and honors his name.

Corporate Prayer Prompts

Ask God to give our church a supernatural faith in God's attributes. Ask God for the type of faith that leads us to pray big, audacious, God-sized prayers that he alone can answer. Ask for God to give us great faith not so we would be seen as a faith-filled people, but so that God can be glorified as the only One worthy of all of our faith.

PERSIST

*And I tell you, **ask**, and it will be given to you; **seek**, and you will find; **knock**, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.*

Luke 11:9-10

Does Jesus' call to persistence in prayer make prayer a meritorious work? The answer is clearly no, because what Jesus is calling for here has to do with heart attitude, not mere religious routine....Persistence is an indication of our soul's confidence. Jesus says, "it will be given...you will find...and the door will be opened." Those who "ask," "seek," and "knock" are people who believe God will answer. Their prayers are not works, but acts of faith — not ritual but reliance

R. Kent Hughes

We don't persist in prayer to get God's attention. We don't persist in prayer because God didn't hear us the first time. We don't even persist in prayer because we want to prove to God how much we want him to answer.

We persist in prayer because persistence grows our faith. The amount of faith we have isn't just a static proportioned amount that God gives that we are forever stuck with. Our faith is alive and active and can be grown, and prayer is one of the primary means God uses to do so.

We also persist in prayer as an act of worship. Every time we ask God *again* for healing. Every time we ask God *again* for provision. Every time we ask God *again* for

restoration...we are saying, God you are *worthy* of the faith required to ask again and again. Persistence in prayer is a way to bring a worship offering of faith unto God each and every day.

We shouldn't continue to knock on a door because we think our persistence is what will get the person to open the door. We should continue to knock on a door because we believe that someone is behind the door and that someone has the desire and power to open it.

I encourage you, persist in your prayers. Endure. Continue. Remain. Keep praying for healing. Keep praying for breakthrough. Keep praying for salvation. Keep praying for the impossible. Keep praying for what you stopped praying for. *Keep asking. Keep seeking. Keep knocking.*

Persistence in prayer doesn't change God's will, persistence shapes our perception of God's heart.

Personal Prayer Prompts

Praise God for specific prayers he has answered. Praise God for how your faith has grown as you've persisted in prayer. Ask God for resolve. Ask God for grit. Ask God for a righteous stubbornness. Not so that God's hand could be moved, but so that your heart can be changed.

Corporate Prayer Prompts

Ask God to give our church a persistence in seeking him for his will. Ask God to give us a relentless pursuit of all of his promises. Ask God to make our church a church that worships him through persistence in prayer.

THE SPIRIT'S INTERCESSION

*Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but **the Spirit himself intercedes for us** with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.*

Romans 8:26-27

What a privilege I to be the temple out of which the Holy Spirit cries to the Father His unceasing Abba! and offers His unutterable intercession, too deep for words, What blessedness! that as the Eternal Son dwelt in the flesh in Jesus of Nazareth, and prayed to the Father as man, that even so the Eternal Spirit should dwell in us, sinful flesh, to train us to speak with the Father even as the Son did.

Andrew Murray

For those of you who, at times, have found yourself lacking the words to express to God in prayer, that's ok. If you've been too overwhelmed, discouraged, frustrated, or weighed down by life's circumstances that you don't even have the energy or the desire to speak to God, do not be discouraged.

Instead, be encouraged by the startling reality that **the Holy Spirit of God prays perfectly for us when we don't have the strength or wisdom to pray**. When we are unsure, when we are unsettled, when we are unable, the Holy Spirit is sure, settled, and more than able.

When you don't know what to pray for your children, when you don't know what to pray for your spouse, when

you don't know what to pray for your physical or mental health, when you don't know what to pray for your friends, neighbors, co-workers, or unbelieving family members, the Holy Spirit knows *exactly* what to pray.

And for every *imperfect* prayer we've ever prayed, the Holy Spirit has prayed an innumerable amount of *perfect* prayers on our behalf!

As you continue to grow in your passion for prayer, and as our church grows in our conviction to pray, we can find incredible rest in this supernatural reality: *the Spirit intercedes for us with groaning too deep for words!*

Our imperfect prayers are never without the Holy Spirit's perfect intercession. Rest.

Personal Prayer Prompts

Praise God for the Holy Spirit. Praise God for the Spirit's perfect intercession on our behalf. Ask the Holy Spirit to pray for those things that you don't have the words for to pray. Ask God to help you trust that the Holy Spirit is constantly praying perfectly on your behalf.

Corporate Prayer Prompts

Ask God to give our church a humble reliance upon the Holy Spirit of God. Ask God to give us a freedom to not always know what to pray all the time. Ask God to give our church the peace, comfort, and joy that comes from knowing that the Holy Spirit of God is interceding for the saints according to will of God.

