

PRAYING TO OUR FATHER

This 40 minute prayer outline is one way to interact with God through the Lord's Prayer.
As you practice this prayer, you may spend longer or shorter amounts of time in each section as the Holy Spirit leads.

"OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME"

[Take time to meditate on the truth that God is your personal Father through Jesus.] [5 MINS]

COL 1:12-13 : ...always thanking the Father. He has enabled you to share in the inheritance that belongs to His people, who live in the light. For He has rescued us from the kingdom of darkness and transferred us into the Kingdom of His dear Son.

ROM 8:15-16 : So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when He adopted you as His own children. Now we call Him, "Abba, Father." For His Spirit joins with our spirit to affirm that we are God's children.

...I have access to the Father and peace with God (ROM 5:1-2) ...I cannot be separated from God's love (ROM 8:35-39) ...I am a child of God (JOHN 1:12)

[TAKE TIME TO WORSHIP THE FATHER AND LIFT UP HIS NAME.] [5 MINS]

You are the Lord our righteousness/The Lord who sanctifies/ The Lord our peace/The Lord who is there/The Lord our healer/The Lord our provider/The Lord our shepherd/The Lord our banner
You are holy, worthy, just, good, wise, awesome, and faithful. You are the judge of the earth.
Hallowed be Your name!

"YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN"

[Take time to inwardly submit to Jesus as King of your life. Surrender your will and ambitions to Him. It is God's will to save, heal, and deliver. Circle things in the world that need salvation, healing and deliverance. Begin to pray for and through these things. Ask God to bring His Kingdom into these situations.] [10 MINS]

2 THES 3:1 : Let the nations of the earth receive Your gospel. Let the gospel speed ahead and be honored.

HEB 13:3 : Deliver and comfort the persecuted and exalt Jesus through their lives.

1 TIM 2:1-4 : Lead presidents and world leaders to Your Son.

ROM 10:1 : Bring spiritual awakening to this region, this state, and our city.

LUKE 4:18-19 : Bless my family and friends with salvation, healing, and deliverance.

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“GIVE US THIS DAY OUR DAILY BREAD”

[Take time to confess your complete dependence on God for life, breath, food, shelter and provision. Ask him to meet your specific needs. Believe him for provision. Ask God to feed you and fill you with the daily bread of his love for you] [7 MINS]

MATT 6:33 : Seek the Kingdom of God above all else, and live righteously, and He will give you everything you need.

ROM 8:39 : No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

EPH 3:14-19 : Give me the strength to comprehend the love of Christ, that I would be filled up to all the fullness of God.

“FORGIVE US OUR DEBTS AS WE ALSO HAVE FORGIVEN OUR DEBTORS”

[Take time and ask God to reveal any sins of omission (good I didn't do but should have done) and commission (actions, words, intentions that grieve his heart). Come to God as a child comes to their Father and repent of these things. Remain confident in His unwavering love for you.] [7 MINS]

MATT 6:14-15 : For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Father, reveal to me anyone I am holding an offense towards. Because I live by Your grace, I have no right to hold an offense towards anyone. Right now, I release my right to be offended by them. I don't wait for them to ask for forgiveness or deserve forgiveness. I forgive because You have forgiven me.

“LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL”

[Take time to lift up to God your particular areas of sin and weakness. Acknowledge your own tendency to be deceived and follow a lie. Confess your need for God and for His grace to keep you. Ask Him in faith to protect you from demonic attack and temptation.] [6 MINS]

1 COR 10:13 : No temptation has overtaken you that is not common to man. God is faithful, and He will not let you be tempted beyond your ability, but with the temptation He will also provide the way of escape, that you may be able to endure it.

PS 4:8 : In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

2 THESS 3:3 : But the Lord is faithful. He will establish you and guard you against the evil one.

Father, protect me from demonic attack and the temptations of my flesh. I believe right now that you will protect me for my good and your glory. Amen!