



Teach us
to Pray



This Journal Belongs to:



In this manner, therefore, 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 this day our daily bread.
And forgive us our debts,
As we forgive our debtors.
And do not lead us into temptation,
But deliver us from the evil one.
Matthew 6: 9-13

How to use this Journal

Within these pages you will find passages of scripture to read and meditate on, and prompts for prayer, along with space to reflect and write your thoughts as we journey through the Lord's Prayer together.

Take time each day to read, pray, and reflect on what God is saying to you and what this can mean in your daily life. Use this space to deepen your prayer life and relationship with God.

There is no right or wrong way to use this journal; a journal can be a powerful tool; used to deepen and transform the way you hear from God and strengthen your relationship with Him.

jot down thoughts, questions and prayers. Underline points that speak to you. Mark up this book, bring it to church (whether that's on your couch, or in a physical service), invite God to show up for you in these pages, throughout the next 6 weeks.

We have used the P.R.A.Y. acronym for each day's devotional study:

P - Praise

Praise God for who He is and what He has done
Our Father in Heaven, Hallowed be Your name

R - Repent

Repent of the sins you have committed, and of the commands you have neglected.
And forgive us our debts, as we forgive our debtors

A - Ask

Ask for what is on your heart, the needs of others as well as your needs.
Give us this day our daily bread, and lead us not into temptation but deliver us from the evil one.

Y - Yield

Yield your will to God's will, your agenda to God's agenda for you.
Your kingdom come, your will be done on earth as it is in heaven

Each of these four steps creates an atmosphere for deeper prayer and for hearing the voice of God. Each day, pray through these steps and take some time for studying the selected bible verse and listening to what God would like to say to you.

Ultimately, we pray that this journal will equip you with extra tools, to help you deepen your relationship with God, and help you hear the voice of God in a new way.

NOTES:

Monday, September 21, 2020

Our Father in heaven

P – praise

What do you love about God being your Father?

R – repent

Is there any area of your life where you are wondering if God is really good? Take a few minutes and tell him about that. He can handle it.

A – ask

What do you need as you enter this week? Ask the Father for that.

Y – yield

Ask God: what do you want to say to me today?

Tuesday, September 22, 2020

Hollowed be Your name

P – praise

Spend some time worshiping God for His holiness and majesty? Is there a hymn or song that comes to mind? Sing it God!

R – repent

Isaiah responds to God's holiness by crying, "Mourn for me; I'm ruined! I'm a man with unclean lips." Then the angel purifies him with a coal from the altar (Isaiah 6). Where do you need to be purified? Confess that to God.

A – ask

Where in your life would like God's holiness to be revealed or recognized? Ask God to help you reflect His holiness in those area.

Y – yield

Ask God: How can I reveal and reflect your holiness today?

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Wednesday, September 23, 2020

Your kingdom come, your will be done on earth as it is in heaven

P – praise

What is one place where you see glimpses of God's kingdom on earth? Praise God!

R – repent

Is there any area of your life where you've been settling for less than the kingdom? Commit to seek first God's kingdom and righteousness in that area.

A – ask

Where do you long to see more of his kingdom come on earth as it is in heaven? Ask God to bring his kingdom in your family, relationships, school, work, city, etc.

Y – yield

Ask God: what is my role in bringing your kingdom to the world around me? As a sign of willingness, try sitting with your hands open and pray: 'Here I am Lord, send me.' (Isaiah 6:8)

NOTES:

Thursday, September 24, 2020

Give us this day our daily bread

P – praise

Reflect on the daily bread that is sustaining you today. List all the things you need that God supplies for you.

R – repent

Do you need to repent for a time when you were not grateful for your daily bread that God supplied for you?

A – ask

Ask God: how can you live a life dependent on His daily bread?

Y – yield

Ask God: how can you humbly depend on him and not depend on your own power to supply your daily bread. Allow His daily bread to sustain you.

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Friday, September 25, 2020

And forgive us our debts, as we forgive our debtors

P – praise

How have you experience God’s forgiveness? Praise Him for forgiving you.

R – repent

Do you need God’s forgiveness for anything? Confess those things to Him now.

A – ask

Is there anyone in your life who needs to experience God’s forgiveness? Intercede for them.

Y - yield

Ask God: Where am I having trouble receiving Your forgiveness in my life? Surrender those areas to Him.

NOTES:

Saturday, September 26, 2020

Do not lead us into temptation, but deliver us from the evil one

P – praise

Where has God given you victory and freedom from sin? Thank him!

R – repent

Are there temptations you continue to entertain? Are there things you’re reluctant to let go of? Confess those things to Jesus.

A – ask

Are there sinful actions, attitudes, or thoughts you need freedom from? Ask God to help you experience the victory and freedom He won for you at the cross.

Y - yield

Ask God: Is there a sinful attitude, action, or thought in my life that I am blind to? Please reveal it to me so I might be set free.

NOTES:

Monday, September 28, 2020

Our Father in heaven

P – praise

If God is our Father, then we are brothers and sisters in God’s family. Spend some time thanking God for the brothers and sisters who bring you particular joy.

R – repent

How have you contributed to division in God’s family? Ask the Father for forgiveness.

A – ask

Who in our family is in need? Pray for them and ask God how you might help meet that need.

Y - yield

Has an experience or relationship made connecting with your church family difficult? Ask God to show you:

- a memory where that wound occurred
- the lies you’ve come to believe associated with that memory
- the truth He wants you to understand
- where He was in that memory

Tuesday, September 29, 2020

Hallowed be Your name

P – praise

Read Psalm 8. How have you seen God’s majesty recently? Tell him.

R – repent

God instructs us to be holy as He is holy (1 Peter 1:16). Where have you failed to reflect God’s holiness? Confess that to God.

A – ask

Is there anyone who is trying to make themselves holy? Is there anyone who is pursuing the pleasure of sin rather than God’s holiness? Ask God to rescue them. Pray they would find Christ to be their holiness.

Y – yield

“Offer your bodies as a living sacrifice, holy and pleasing to God...” (Romans 12:1) Ask God: How can I offer my body to You as a living sacrifice today?

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Wednesday, September 30, 2020

Your kingdom come, Your will be done on earth as it is in heaven

P – praise

When you think about God’s kingdom coming on earth and Jesus’ promises coming true, what emotions come to the surface? What affection does it stir in you?

R – repent

Where have you pursued your own will rather than God’s will? Ask God to forgive you.

A – ask

Where do you see brokenness around you? Ask God to bring healing and restoration.

Y – yield

Ask God: How/where can I partner with you to bring reconciliation in my world?

Thursday, October 1, 2020

Give us this day our daily bread

P – praise

Thank God for the things He has provided you that sustain your life and health.

R – repent

“Do not worry about your life, what you will eat or drink; or about your body, what you will wear” (Matthew 6:25). What is causing you stress and worry right now? Turn those over to God.

A – ask

Who in our city and our world is in desperate need of God’s provision? Ask God to give them daily bread.

Y – yield

Is God asking you to partner with him to provide for the daily needs of someone. Listen for God’s direction, then act!

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Friday, October 2, 2020

Forgive us our debts, as we forgive our debtors

P – praise

Spend some time thanking God for reconciling you to himself. Has he brought reconciliation to any of your relationships? Thank him for that!

R – repent

Are you holding a grudge against anyone? Repent and ask God to help you forgive that person.

A – ask

Pray for reconciliation and healing in relationships that are broken. Pray for specific people and situations.

Y – yield

Ask God: would you please show me how much you have forgiven me?

Saturday, October 3, 2020

NOTES:

Do not lead us into temptation, but deliver us from the evil one

P – praise

James says we are tempted by our own desires. How has God changed what you desire? Praise Him for this change of heart.

R – repent

When we do not walk by the Spirit, we give in to our sinful desires (Galatians 5:16). Reflect on this past week: where have you been led by your sinful desires rather than the Spirit. Confess those to God.

A – ask

As you look ahead to next week, where do you think temptation may be especially strong? Ask God to help you be led by the Spirit and not your sinful desires.

Y - yield

Ask God: are there areas of my life where I am willfully or blindly yielding to my sinful desires rather than to the leading of Your Spirit

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Monday, October 5, 2020

Our Father in heaven

P – praise

“You are no longer a slave, but God’s child; and since you are His child, God has made you also an heir” (Galatians 4:7). Thank God for the blessings and promises you’ve been given as His heir.

R – repent

Where are you tempted to live by (or impose) rules and law? Ask God to forgive you for acting like His Spirit is an insufficient guide to righteousness.

A – ask

Is there a promise you really want God to keep right now? Lay that before Him.

Y – yield

Ask God: what is one thing You could say to me to encourage me as Your child today?

Tuesday, October 6, 2020

Hallowed be Your name

P – praise

Read Psalm 99 as a hymn of praise.

R – repent

Are you taking what God has set apart for sacred purposes and using it for common purposes? Confess that to God and ask for His forgiveness.

A – ask

God’s holiness is seen in part in His justice. Where would you like to see God’s justice in our world? Pray that His name would be holy in that situation.

Y – yield

A chorus from a few decades ago includes the words, “I choose to be holy; set apart for you, my Master.” Ask God: What holy purpose have You set me apart for today? Make a choice to pursue holiness.

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Monday, October 12, 2020

Our Father in heaven

P – praise

Thank God for the ways He has provided you with wisdom for your journey.

R – repent

Are there areas of your life where you are rejecting God’s wisdom? Repent and commit to follow God’s way.

A – ask

Are there decisions you need to make? Areas you need God’s direction? Ask Him.

Y – yield

Ask God: what is one thing You want me to do today to respond to Your direction or wisdom?

Tuesday, October 13, 2020

Hallowed be Your name

P – praise

Holy means set apart, sacred. Praise God that He is set apart. Praise Him for His perfect love and acceptance of us. Praise Him that He has set us apart for His purpose.

R – repent

Repent for leaning on your own wisdom and purpose, and not acknowledging God for His holiness and purpose for our life.

A – ask

Ask God to show us His perfection today. That His creation, His plans, His love for us show up in perfection.

Y – yield

Yield the places we fail to see God’s holiness in our lives and in this world so God can open our eyes to His holiness!

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Wednesday, October 14, 2020

Your kingdom come, Your will be done on earth as it is in heaven

P – praise

In the book of Acts we read about God’s kingdom coming in through His Spirit in people’s lives. His spirit that changes lives. Praise God that His kingdom is coming down and His Spirit is still working today.

R – repent

For failing to see the work of God and that His kingdom is coming down.

A – ask

Read Matthew 6:33-34 – ask for peace and confidence in God’s righteousness and His kingdom coming.

Y – yield

Yield your worry and anxiousness and trade it for peace, assurance and confidence in God’s supplying for us!

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Thursday, October 15, 2020

Give us this day our daily bread

P – praise

Today list all the things God has given us that you would consider our ‘ daily bread’. Start with your coffee maker, all the way to your toothbrush before bed. It’s a day to be thankful.....It’s Thanksgiving week!

R – repent

Repent for not being content with the daily bread God supplies us every day.

A – ask

To fill us full of contentment and thankfulness every day. That the gift of God starts with us waking up and the start of a new day.

Y – yield

*Yield today to recognize at every turn the daily bread supplied for us is from God’s goodness.
Listen to the song ‘ Gifts from God’ by Chris Tomlin today. It is a fabulous perspective for the day.*

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Monday, October 19, 2020

Our Father in heaven

P – praise

God has adopted you into His family and made you an heir. Praise God for the promises and blessings you have inherited.

R – repent

Romans 8 indicates that we should not be slaves to fear because we have been adopted by the Spirit. What do you fear? Why do you fear those things? Ask God to help you trust Him. He's a good Father!

A – ask

The Spirit also leads us in prayer (Romans 8:26). Ask the Spirit to bring people and situations to mind. Lift those up to God in prayer.

Y – yield

Romans 8 contrasts living by the Spirit with living according to the flesh. Ask God: How have I been living by the Spirit? Where have I been living according to the flesh?

Tuesday, October 20, 2020

Hallowed be Your name

P – praise

One aspect of holiness is to be separate from the surrounding culture. How is God different from His creation? What sets God apart? Praise him for those attributes.

R – repent

The proper response to God's holiness is 'fear' or 'awe' and to bring glory to his name. Think of how you have sought your own glory rather than His. Ask God to forgive you and commit to live in fear and awe.

A – ask

The hope of Revelation is that all nations will worship God. Spend some time praying for nations that the Spirit brings to mind: that they would fear the Lord; that the leadership would act in wisdom; that God's holiness and righteous acts would be recognized.

Y – yield

Ask God to make you aware of an opportunity to bring glory to His name today.

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Monday, October 26, 2020

Our Father in heaven

P – praise

Our Father does not change like shifting shadows (James 5:17). How have you experienced the Father’s dependability and reliability? Give thanks for those experiences.

R – repent

One of the Enemy’s tactics is to get us to question the Father’s goodness (James 5:16). If there are things you are not sure you can trust God with, confess that to Him.

A – ask

Every good and perfect gift is from the Father (James 5:17). How would you like the Father to demonstrate his grace in the people around you? Pray for them: that they would receive God’s good gift and be aware of the source of goodness.

Y – yield

Ask God: Remind me of the good and perfect gifts You have given me.

Tuesday, October 27, 2020

Hallowed be Your name

P – praise

The names of God in Scripture reveal his character. Which name are you especially grateful for today?

R – repent

“Do not use the Lord your God’s name as if it were of no significance” (Exodus 20:7 CEB). How have you/the church misused God’s name? Done evil in God’s name? Pretended to serve in God’s name while really serving self?

A – ask

Is there a name of God that expresses how you want God to reveal Himself to you? In a situation? To someone else? Pray God’s name would be recognized in that way.

Y – yield

Ask God: By which name do You want to reveal Yourself to me today?

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Wednesday, October 28, 2020

Your kingdom come, Your will be done on earth as it is in heaven

P – praise

Think about a time when God gave you wisdom about a decision you were making. Thank him for revealing His will to you.

R – repent

Have you made any plans without consulting God? Has there been a time when you've known God's will but refused to do it?

A – ask

Ask God for wisdom as you make plans and decisions. Ask Him to show you His will for that situation.

Y – yield

"Your will be done" is a prayer of surrender. Where do you need to surrender your ambitions and plans to God's will?

Thursday, October 29, 2020

Give us this day our daily bread

P – praise

"Blessed are those who hunger and thirst for righteousness, for they will be filled." How has God filled you? How have you experienced the satisfaction that comes from God?

R – repent

Often, we're tempted to forsake God as the source of satisfaction and seek satisfaction from other sources (Jeremiah 2:13). To what sources are you looking for satisfaction? Where do you look for meaning and purpose?

A – ask

Jesus invites those who are thirsty to come to Him to be filled (John 7:37). What thirsts do you need Jesus to quench?

Y – yield

When we come to Jesus to have our thirst quenched, He says that rivers of living water will flow from us (John 7:38). Ask God: How can I be a source of life and refreshment to someone today?

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Friday, October 30, 2020

Forgive us our debts, as we forgive our debtors

P – praise

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1:9). How has God shown himself to be faithful and just in your life?

R – repent

Spend some time in confession. Invite God to search your thoughts, actions, and attitudes.

A – ask

Ask God to give you the faith to believe this promise and receive his forgiveness.

Y – yield

Ask God: Is there anything You want to say to me in response to my confession?

Saturday, October 31, 2020

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Do not lead us into temptation, but deliver us from the evil one

P – praise

If we are united with Christ in his death, we are no longer subject to sin and death (Romans 6:5-7). Praise God for the freedom He’s given you in Christ.

R – repent

Paul instructs us to not let sin reign in our bodies or offer any part of ourselves to sin (Romans 6:12-13). Confess those times you’ve surrendered to sin and offered your mind, heart, or body to sin.

A – ask

Are you facing any trials or difficulties presently? Ask God to use them to develop perseverance, character, and hope (Romans 5:1-5).

Y - yield

Ask God: Where do You still want to set me free?



EVANGELICAL
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of LETHBRIDGE

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