

PRAYER GUIDE FOR February 28 – Mar 6

Speak o Lord

Keith & Kristyn Getty

A Prayer for Inner Peace

Oh Lord, sometimes my insides feel like a battle zone, where missiles are falling too close to home. Other times I'm caught in an endless storm, with thoughts flying out of control. Confusion reigns, and defeat creeps in to steal my joy. I need Your peace—the deep-down-in-Your-heart kind that stays with me day and night and speaks confidently into the wind. Calm my anxious spirit, Lord; all the attacking "if-onlys" and "what-ifs" fill me with needless worry.

I know that trust is a big part of experiencing peace and that fear has no place in my life. Most of the things I worry about or dread don't even happen. So I'm declaring my trust in You. I'm releasing the reins of my life again and asking You to take control. I may need to pray this same prayer daily, but I'm tired of the frenzy of life that leaves my schedule and my thoughts without any margin. I need more of You, Lord, and less of me.

I surrender and admit: I can't control people, plans, or even all my circumstances, but I can yield those things to You, and focus on Your goodness. Thank You today for every good gift You've given, every blessing You've sent, all the forgiveness I did not deserve, and, yes, for every trial You've allowed into my life. You bring good out of every circumstance if I'll only let go and believe You. I know that when I pray and give thanks instead of worrying, You have promised that I can experience the kind of peace that passes all understanding. That's Your kind of peace, Lord. And it's the kind I crave.

Whenever I'm stressed, anxious, or afraid, help me remember to run to You. You're the only one that can calm my fears and end my fretful behavior. Whether in trivial or heavy matters, I know You will not only give me peace; Lord, You will be my peace. And when I draw close to You—in prayer, in reading Your Word, in helping another, in taking my mind off myself—You will be there, up close and personal.

I can't handle these times alone, Lord. Will You speak peace and calm my storms, or hold my hand while we walk through them together? Will You bring the reassuring wisdom of those who have come through similar times into my life? Thank You, Lord. I'm trusting You.

In the name of the One who makes the wind and the waves stand still, Amen.

Living Hope

Phil Wickham

Our Father in heaven, hallowed be Your name. Your kingdom come. Your will be done on earth as it is in heaven. Matthew 6: 9-10

Father, You are above all, know all, and see all. Yet You hear me as if I am Your only creation. May I not view You as a distant father, but as one who has come to earth and understands the challenges and temptations of my life. Be near me today and whisper reminders that You are close and holding me as Your child. My friends need You today as they make difficult decisions in their workplaces and within their families. Would You show them that You are closer than even their earthly fathers? Thank You for hearing me and listening to my pleas. It's in Jesus' name I pray this, amen.

My Prayer For You

Alisa Turner

PRAY FOR CHURCHES, PASTORS, ELDERS, DEACONS AND STAFF, SCHOOLS, AND GOVERNMENTS, RESIDENTS AND VISITORS IN OUR HARVEST AREA OF PARKER, CO.

Ave Maria Catholic Church –
Castlewood Canyon Church –
ChristLife Community Church –
Cornerstone Church of Parker –
Crossroad Community Church –
Encompass Church –
Franktown Seventh-Day Adventist –
Grace Baptist Church of Parker –
Grace Chapel –
Joy Lutheran –
Jubilee Fellowship Church –
Lighthouse –
New Beginning Community Church -
New Day Seventh-Day Adventist Church –
Parker Bible Church –
Parker Evangelical Presbyterian Church -
Parker United Methodist Church –
Pinecrest Community Church –
Providence Presbyterian Church -
Redeemer Presbyterian Church -
St. Mathews Episcopal Church -
Southeast Christian Church –
Spirit of Hope –
Thrive Church -
Trinity Lutheran Church, Franktown -
United Church of Christ Parker Hilltop -

Schools and Government

Douglas County Schools -

Church and other Schools

Douglas County Government – Commissioners; Surveyor; Clerk and Recorder; Assessor; Coroner;

Treasurer; Sheriff

City of Parker – Mayor; Council members; Staff

City of Lone Tree – Mayor; Mayor Pro Tem; Council members; Staff

Parker Adventist Hospital – Chaplain; Doctors; Nurses; Staff

Skyridge Medical Center – Chaplain; Doctors; Nurses; Staff

First Responders – Fire; Police; EMT; State Patrol

Targeted Prayers for Your Church

By Sandra Higley

1. Pastor – Lord, I lift up my pastor to You. Thank You for his servant’s heart. Keep him from losing heart when ministry gets tough. Help him prove faithful with the things you have entrusted to him. Teach him Your ways so that he knows You and finds favor with You as He leads us. Keep him open and honest before You and help him to represent the truth plainly. (2 Cor. 4:1; 1 Cor. 4:1-3; Ex. 33:13)

2. Elders – Lord, I lift up my elders (church board) to You. Help us respect and honor them as they direct the affairs of our church. May they wholeheartedly give their attention to prayer and ministry of the Word. Keep them above reproach, devoted to their families, temperate, self-controlled, respectable, hospitable and able to teach. May they be gentle and honest as they deal with people. (1 Tim. 5:17; Acts 6:4; 1 Tim. 3:1-2; Titus 1:7)

3. Deacons – Lord, I lift up my deacons to You. May they walk worthy of respect with sincere hearts. Help them keep hold of truth. May they keep a clear conscience with You at their heart. Bless their households with peace and respect. Fill them with Your Spirit and let them operate in wisdom as they carry out their responsibilities. (1 Tim. 3:8-9, 12; Acts 6:3)

4. Adults – Lord, I lift up the adults in my congregation to You. May we live worthy of Your call on our lives. As we respond to that call, fulfill every purpose, every faith-filled act of service by Your power. May we be clothed in righteousness with hearts that sing for joy and delight greatly in You. We want to walk with You, Jesus, dressed in white, adorned with jewels. (Eph. 4:1; 2 Thes. 1:11; Ps. 132:9; Isa. 61:10; Rev. 3:4)

5. Children/Youth – Lord, I lift up the children and youth in my congregation to You. May the little ones remain humble examples of what we adults need to become in the kingdom. Let their conduct always be pure and right with reputations that show that they remember You, Creator God. Teach them to declare Your marvelous deeds. May they flee evil desires and pursue righteousness, faith, love and peace. (Matt. 18:3-4; Prov. 20:11; Eccl. 12:1; Ps. 71:17; 2 Tim. 2:22)

6. Seniors – Lord, I lift up the senior members of our congregation. Thank You for every gray hair attained by righteous living. We are blessed by their example and ability to train us. Help us to be humbly submissive as we

benefit from their wisdom and understanding. Help them receive the strength and power You've promised to the weary and weak. May they put their hope in You and be renewed in the process. (Prov. 16:31; Titus 2:4; 1 Pet. 5:5; Job 12:12; Isa. 40:29, 31)

7. Lost Among Us – Lord, I lift up the lost members of our congregation. Let the gospel be presented to them not only through the sermon but also with power, the Holy Spirit and deep conviction. Teach us to make the most of every opportunity to share Your salvation. Help us to be the fragrance of Christ to them. We stand against the enemy and his attempts to keep them blinded to Your truth. (1 Thes. 1:5; Col. 4:5; 2 Cor. 2:15; 2 Cor. 4:4)

8. Worship Leaders – Lord, I lift up our worship leaders. Appoint people to this position who understand the splendor of Your holiness and praise You out of that understanding. Help them lead us faithfully in thanks for Your enduring love. Use their praise to defeat the enemy. May they be the true worshipers You are looking for who worship in spirit and in truth. Let them glory only in You, Jesus, so that they put no confidence in their own flesh. (2 Chron. 20:21-22; Jn. 4:23-24; Phil. 3:3)

9. Speakers/Teachers – Lord, I lift up the speakers and teachers in our church. May everyone who holds that position—pastors, Sunday school teachers, small group leaders, guest speakers—rightly divide Your word of truth. Let them admonish and teach with wisdom. Reveal the mysteries of Your word to them and encourage them to speak those mysteries courageously and fearlessly. Let them speak with a spirit of faith that springs from their relationship with You. (2 Tim. 2:15; Col. 1:28; Dan. 2:47; Phil. 1:14; 2 Cor. 4:13)

10. Women's Ministry – Lord, I lift up our Women's Ministry. Encourage our older women to train the younger in family issues. Teach our women to be virtuous—women with gentle and quiet spirits who put their hope in You. Let this ministry produce women who feel Your passion for them and who choose to spend time at Your feet. Train them to contend for the gospel side by side with the men. (Titus 2:4, 5; Prov. 31:10; 1 Pet. 3:4, 5; Ps. 45:11; Lk. 10:38-42; Phil. 4:3)

11. Men's Ministry – Lord, I lift up our Men's Ministry to You. Use this ministry to build our men in their faith. Teach them to be in right relationship to You and each other, to love their wives sacrificially and to instruct their children with patience. Encourage them to hold each other accountable as they carry each other's burdens. May they speak the truth in love to each other even when it's hard. (Jude 1:20; Titus 2:2; 1 Tim. 5:1; Eph. 5:25, 6:4; Gal. 6:2; Eph. 4:15; Prov. 27:6)

12. Youth Workers – Lord, I lift up our Youth Workers. Let these young men and women set an example in their speech, life, love, faith and purity. Cause them to be strong, alive-in-the-Word overcomers. Help them to have discernment as they deal with the young people in our church. Help them to notice any youth who lack judgment so they can teach them to value Your life-giving principles. Pour out Your Spirit on them. (1 Tim. 4:12; 1 Jn. 2:14; Prov. 3:21, 7:7, 7:2; Joel 2:28).

13. Behind-the-Scenes Workers – Lord, I lift up the people who work behind the scenes at our church. Thank You for every nursery worker, parking lot attendant, office volunteer, building janitor, etc. who have devoted themselves to the service of the saints. Bless them for the obedience and generosity they have displayed—may You receive praise as a result! Keep them in an attitude of humility that comes from wisdom and wholehearted service to You rather than to be noticed by others. (1 Cor. 16:15; 2 Cor. 9:12-13; Jas. 3:13; Eph. 6:7)

14. Children’s Ministries – Lord, I lift up our children’s ministries to You. Create an atmosphere here that encourages our children to find You. Let the teachers be careful to remind each child of the marvelous things You have done. Cause everything they learn about You to become a part of them forever. May they consistently choose life and blessing each day because of the training they receive in our church. Keep them walking in the truth. (Mk. 10:14; Dt. 4:9; 29:29; 30:19; Prov. 22:6; 3 Jn. 1:4)

15. Prayer Focus – Lord, I lift up the prayer focus in my church. Make us into a house of prayer. We desire to be clear-minded and self-controlled so that we can pray first, always, continually and thankfully. May everyone recognize that this is Your desire for all and not just a few. Use us to stand in the gap for others. Let there be prayer ministry among us that is powerful and effective. (Mk. 11:17; 1 Pet. 4:7; 1 Tim. 2:1; Eph. 6:18; 1 Thes. 5:17; Phil. 4:6; Ps. 32:6; Ezk. 22:30; Jas. 5:16)

16. Spiritual Level – Lord, I lift up the spiritual temperature of my church. Revive us! Refine us so that we burn hot for You. Give us singleness of heart and action so that we always fear You and follow Your precepts. Pour out a spirit of Josiah on us so that we turn to You heart, soul and strength. Open our minds to understand Your Word so that our hearts burn within us. (Ps. 85:6; Rev. 3:14-18; Jer. 32:39; Ps. 111:10; 2 Ki. 23:25; Lk. 24:45, 32)

17. Spirit-Led – Lord, I lift up the issue of our willingness to be led by Your Spirit. Holy Spirit, show us any way we are grieving, quenching or resisting You. Convict us and lead us to level ground. Help us keep in step with You as we live by You. Reign in us so that we experience Your freedom. Lead us into grace, life and peace. (Eph. 4:30; 1 Thes. 5:19; Acts 7:51; Jn. 16:8; Ps. 143:10; Gal. 5:25; 2 Cor. 3:17; Gal. 5:18; Ro. 8:6)

18. Spiritual Gifts – Lord, I lift up the use of spiritual gifts in our church. We eagerly desire spiritual gifts that You’ve given for our common good. Help us understand the various gifts and how they work. Teach us to use what we’ve received to serve others and faithfully administer Your grace—whatever form that takes. Help us exercise our gifts in love. Remind us to keep fanning into flame the gifts You’ve entrusted to us. (1 Cor. 14:1, 12:4-7; 1 Pet. 4:10; 2 Tim. 1:6)

19. Love/Unity – Lord, I lift up our love for one another as a body. Help us purify ourselves by obeying the truth so that our love for each other will be sincere, deep and from the heart. May our love for one another prove that we are Your disciples. Give us a spirit of unity so that we may glorify You with one heart and voice. Help us accept one another as we clothe ourselves in love. (1 Pet. 1:22; Jn. 13:34-35; Ro. 15:5-7; Col. 3:14)

20. Finances – Lord, I lift up our church finances. May we sow generously into our church without reluctance or compulsion. Make all grace abound so we have all we need for every good work You've assigned us. Make us rich in ways that result in generosity on our part so You will be praised. Keep reminding us of your promise to throw open the floodgates of heaven and pour out blessing on all who bring the whole tithe into Your house. (2 Cor. 9:6-11; Mal. 3:10)

21. Outreach/Missions Projects – Lord, I lift up our outreach programs. Remind us to do good and share with others as a pleasing sacrifice to You. Keep us outwardly focused so we don't become self-absorbed. Help us teach one another to be faithful ministers of Your Son. Enable us to meet people wherever they have a need. Help us minister faithfully as we proclaim the gospel so that the ones we reach might become an acceptable offering to You. (Heb. 13:16; Phil. 2:4; Col. 1:7; Jude 1:23)

22. Single Parents – Lord, I lift up the single parents in our church. May they know You as father to the fatherless and defender of widows! Let us be a real family to them when they are lonely. Show us ways to include them and minister grace to them. Stir up practical ideas in us that show Your love and care. Help them relax in Your grace and provision which is more than enough for every weakness and need. (Ps. 68:5-6, 25:16; Matt. 25:35-40; 2 Cor. 12:9; Phil. 4:19)

23. Help for the Hurting – Lord, I lift up those who are hurting right now. May they come to know You as El Roi, the God who sees them. For every situation of rejection, help them feel sonship. Bind up the brokenhearted! In every area of bondage, set the captives free; in every case of mourning, replace it with Your oil of gladness. Comfort them so that they will have a ministry of comfort to others. (Gen. 16:13; Ro. 8:15; Isa. 61:1-3; 2 Cor. 1:3-4)

24. Freedom from Besetting Sins – Lord, I lift up every one of us who struggle with sin issues. Keep us from the enemy's scheme of condemnation. Grant us repentance so that we can escape the trap of the evil one. Thank You that sin was done away with on the cross and that we are no longer slaves to it. Help us to throw off everything that entangles—help us run the race with perseverance. (Ro. 8:1; 2 Tim. 2:25, 26; Ro. 6:6; Heb. 12:1)

25. Kingdom Focus/Priorities – Lord, I lift up our priorities as a congregation. Give us ears to hear what Your Spirit is saying to our church. Open our eyes to see things as You see them. Help us move beyond issues of immediate need to pursuing Kingdom issues. Bring us to a place where "Your kingdom come, Your will be done on earth as it is in heaven" is more than just words we say. (Rev. 3:22; 2 Ki. 6:17; Matt. 6:25, 33, 10)

26. Growth through Evangelism – Lord, I lift up our church growth to You. Add to our number daily through new converts. Birth spiritual children through us. Let our actions win people over without words. Use us as Your agents to rescue people from darkness and bring them into Your Son's kingdom. We long to be worthy ambassadors in this ministry You have entrusted to us: that of proclaiming Your message of reconciliation to a lost world. (Acts 2:47; 1 Cor. 4:15; 1 Pet. 3:1-2; Col. 1:13; 2 Cor. 5:20)

27. Our Neighborhood – Lord, I lift up our community, especially the surrounding neighborhood. Let us love these people as we love ourselves. May our concern for their needs override other things that take our time and focus. Rebuild and restore areas that have been devastated. Renew our community—send Your peace and prosperity into this place where You’ve planted us. Bless each individual home and family. Build each house from the inside out; watch over our city. (Gal. 5:14; Prov. 3:28; Isa. 61:4; Jer. 29:7; Lk. 10:5-6; Ps. 127:1)

28. Connectivity with the Church in Our City – Lord, I lift up the Church in our city. Thank You for creating the body as one unit made up of many parts. Help us understand the value of each part as You have arranged them. We confess that we’ve minimized other parts. Forgive us, for we are all baptized by one Spirit into one body. Help us to work at being one: concerned about one another—suffering with and rejoicing with other congregations as appropriate. (1 Cor. 12:12-26)

29. Connectivity with the Church in Our Nation – Lord, I lift up the Church in our nation. We humbly unite and confess as one people—one Church called by Your name—that we have sinned. We’ve operated out of acquired wealth thinking we could do it on our own—but we are wretched, pitiful, poor, blind and naked. We seek Your face, O God! Thank You for hearing and forgiving us. We wait on You for the healing of our land! (2 Chron. 7:14; Rev. 3:17)

30. Connectivity with the Church around the World – Lord, I lift up the Church universal. Father, we claim the power of Your name over us so that we will be one, as You and Your Son are one. We want Your joy in full measure just as Your Son, Jesus, prayed for us. Help us live as though we are not of this world; sanctify us by Your word. May we be brought to complete unity so that the world will know the truth of the gospel. (Jn. 17:11-23)

31. Protection from the Enemy – Lord, I lift up our need for protection. Protect and deliver us from the evil one. Help us be as wise as serpents and as innocent as doves as we deal with the wolves around us. Show us how to test every spirit to see if they are from You. Help us recognize the enemy’s disguises and schemes so that he won’t outwit us. (Jn. 17:15; Matt. 6:13, 10:14; 1 Jn. 4:1; 2 Cor. 11:14, 2:11)

The Brick Wall Prayer (A Prayer to Know God’s Will for Your Life)

By Rachel-Claire Cockrell

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11

God, You know me better than I know myself. You know my fears and my desires. You know how much I want this. You know how much I will be devastated if this doesn't happen. I know You love me. I know You have a plan for me. Please, Lord, don't let my desires blind me to Your will. If this is not within Your plan for me, throw up a Brick Wall. Give me an obstacle I cannot get past. Help me follow Your will, Father. Give me peace about whatever is to come. If this falls through, I will know it is Your hand. Thank You for loving me, Amen.

A Prayer of Rejoicing for God's Blessings

By Ron Moore

But let all who take refuge in You be glad, Let them ever sing for joy; And may You shelter them, That those who love Your name may exult in You. – Psalm 5:11

Father, thank You for intervening in my life and allowing me to have a personal relationship with You. Thank You for Your love for me today and forever. Thank You for the blessings You've given me and my family. Help us use those blessings to bless others. May I live a life of true joy as I see You at work around me today! In Jesus' name. Amen.

Build My Life

by Housefires

Goodness of God

Bethel Music

...we cannot force transformation. We cannot legislate saving faith. People are free to make their own decisions as to what they believe. This is why we must get on our knees and pray. Pray for God to move. Pray for the Holy Spirit to be poured out on all flesh. Pray for revival across our nation and our world. Only God can bring about the transformation we all need and want. Only God can bring justice and righteousness to the earth. Only God can renew and restore all creation. May each of us pray fervently for God to do His work in our hearts and in the hearts of those we love that might become the people He created us to be.

Dr, Doug Resler

Our Great Intercessor

(Learning from the Prayer Life of Jesus)

There are many places in Scripture where I particularly identify with the disciples. It's usually when they excelled at being human in their responses. I know I would have been terrified in the midst of a fierce storm on a lake. I'm sure I would have been completely perplexed as to how a little bit of food was going to feed a huge crowd. And I'm afraid I might have made myself scarce when Jesus was arrested and taken away.

But I confess I've felt a bit smug in the past about how I thought I would have responded to Jesus' request for prayer during His darkest moments in Gethsemane (Mark 14:32–42). He asked Peter, James, and John to keep watch and pray as He faced His impending death. Twice He implored them to stay awake, even for just an hour, as He poured out His heart before His heavenly Father. Yet three times they fell asleep—on the hard ground, no less. *Really?* I used to think. *How difficult could it have been to stay awake for an hour when Jesus needed you?*

My smugness quickly turned toward humility one night when I was compelled to get out of bed about 2:00 a.m. to pray about a crisis in the life of someone close to me. I knelt on the floor of my bedroom, with my face in the carpet. I prayed fervently. I cried out to God with great emotion. And then I woke up about 30 minutes later. I had no feeling in either of my legs. They were also "asleep." As I rolled over on my side and tried to drag myself to bed, I feared I had paralyzed myself from the waist down! The pain and tingling that steadily increases when the blood starts flowing back into "deadened" legs, was a dreadful and agonizing reminder of how easy it is to sleep at critical moments.

Yet, my prayers that night were answered. I realized that even while I slept, Jesus was still praying alongside me at the right hand of our heavenly Father. It was the Spirit of Christ prompting me to pray in the first place—and I'm thankful the prayers of Christ continued on while I dozed. In my weakness, it is a comfort to be partnered with Jesus.

Keep Watch with Jesus

Jesus demonstrated a truly devoted prayer life. There were times when the disciples got to listen in on His prayers, but often He prayed alone. He prayed in crisis but always gave praise and glory to His Father. He explained persistence in prayer by using the example of an annoying widow who wouldn't take no for an answer—and encouraged the disciples to pray in the same way (Luke 18:1–8). His prayer life inspired His followers to learn more (Luke 11:1).

But Jesus didn't pray just to provide a great model for us. He prayed because He was *compelled* to do so for the Kingdom's sake. He prayed for God's will over His own. Jesus' prayer life continues on today. He is our Great Intercessor.

We live in urgent, critical days. I want to learn how to keep watch with our Lord and stay awake—joining Him in prayer for this desperate world.

CAROL MADISON is editor of *Prayer Connect Magazine*

Need some additional worship music to help you in your devotions?

Love Has A Name

Kim Walker-Smith

Psalm 46 – Lord of Hosts

Shane and Shane

One More Song For You

Casting Crowns

Oh, My Soul

Casting Crowns

Hello, My Name is:

Matthew West

The Lord is My Salvation

Shane and Shane

I See Love

Third Day, Stephen Curtis Chapman, Mercy Me

Endless Halleluah

by Mark Redman

The Discipline of Prayer

One of the most important of all the spiritual disciplines is **prayer**. We often think of prayer as an act of worship—something we offer to God to affirm his greatness and our dependence upon him. And while this is a good thought about prayer, I'm not sure it goes far enough.

Prayer is more than worship.

I once heard prayer described very simply as conversation with God about what we and he are doing together. I like that. After all, there is nothing in this life that we do without God; “in him we live and move and have our being” (Acts 17:28). We talk to God and we listen to God principally not because we fear him or respect him, but because we love him. We want to spend time with him. We want to talk with him about things that are important in our lives and the lives of others. And we want to know what is important to him. We listen for his voice.

Now, it's an amazing thing to be able to talk to the Creator and Sustainer of everything, the King of glory, the Ruler of the universe. If we wished to have an audience with the king or queen of a nation, we probably would not be able to gain it. If it were possible to gain the opportunity to speak with an earthly ruler, it might be a once-in-a-lifetime chance. But God, the Ruler of all, makes himself available to us all the time. Any time. Day or night, in good times and bad, we can meet with God and talk with him about everything. "Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need" (Hebrews 4:16).

How do we pray?

There are a number of answers to that question, many of them very good. For instance, many Christians like to pray according to the acronym ACTS: Adoration, Confession, Thanksgiving, and Supplication. Each of those facets of prayer is important, and the ACTS acronym is very helpful to some believers. Some Christians particularly benefit from using a prayer book (e.g. ***The Book of Common Prayer***). Some folks use the ancient prayer book of God's people, Psalms. I myself have found it beneficial to "pray the psalms"—that is, read the words of a psalm as a prayer—especially in times of stress. Some churches have special prayer ministries wherein folks who are particularly gifted in intercessory prayer will pray for people. Some groups meet especially for prayer for their churches, their schools, or their communities. Many Christians through the centuries have benefited from using "breath prayers" (prayers that can be uttered in a single breath), such as "Lord Jesus Christ, Son of God, have mercy on me, a sinner."

As I see it, the form of prayer is not nearly so important as the *attitude of prayer*. The humble heart, eager to spend time with the Lord, is free to approach God. “God is welcoming us home— home to peace and serenity and joy,” writes Richard J. Foster. “We need not be afraid. God’s arms are stretched out to take us in. God’s heart is large enough to receive us.”¹³

Jesus's friends and followers asked him to teach them to pray. His instruction to them was to pray not for show or for other people to see. He gave his disciples a model prayer, and for 2000 years followers of Jesus have prayed these words of Jesus found in Matthew 6:

*Our Father, which art in heaven
Hallowed be thy name.
Thy Kingdom come,
Thy will be done
On earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses
As we forgive those who trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom, and the power, and the glory forever.
Amen.*

The teaching of Jesus on prayer is a reflection of the life that Jesus offers to us. The familiar words "Our Father which art in heaven" do not mean "distant, fearsome deity who is far away in space and time." Instead, they mean "loving Father who is right here with us, always near us." Just let that sink in for a moment! Because of Jesus, the Kingdom of God is available. Just as Jesus talked to God when he lived here on earth, we can talk to God. Although some people see the recitation of this model prayer (called "The Lord's Prayer" or the "Our Father") as a dry, lifeless exercise, this certainly doesn't have to be the case. The simple act of praying this prayer as a beginning to each day can have life changing results.

And that's the real aim: life change. As with all the spiritual disciplines, prayer brings us into communion with God, who changes our hearts.

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Walk as Jesus Walked

I thank You, Father, for the example of the life of Jesus. Help me to follow in His steps, for I know that whoever truly follows Him will not walk in darkness but will have the light of life. Forgive me Father for the times I have chosen darkness over the light of Your presence. Help me to love You above all others and all other things. May I listen to Your voice, be known by You, and follow You. May I not be a stumbling block in anyone's path or be discredited as Your disciple this day because of my words or actions for You have said in Your Word that whoever claims to live in Jesus must walk as He did!

May I become a disciple who, like the Apostle Paul, can say to others without boasting, "Follow my example, as I follow the example of Christ!" Empower me by Your Spirit to be an example of Jesus in my home, place of work, neighborhood, or school. May my encounters with friends and strangers alike be seasoned with the presence of Christ. May I fix my thoughts and my eyes on Him. In everything, may I set an example by doing what is good. Even in the face of suffering, may I be an example of patience. And Father, I ask that You would give me opportunity to entrust to someone else all that You are teaching and showing me, that I might truly become a disciple who makes disciples.

As one who follows You, Lord, may I continue in faith and stand firm, never moving from the hope held out to me in the gospel. Remind me that as Your disciple I have been called to the ministry and message of reconciliation as Christ's ambassador. May I be a worthy vessel through whom You can implore others to be reconciled to Christ, that lasting spiritual fruit may be born out of my life. All this I ask in the mighty name of Jesus. Amen.

1 Peter 2:21; John 8:12; Luke 14:26; 1 John 2:5; John 10:27; 2 Corinthians 6:3; 1 Corinthians 11:1; Hebrews 12:2; Titus 2:7; James 5:10; 2 Timothy 2:2; Matthew 28:19; Colossians 1:23; 2 Corinthians 5:18-20; John 15:16

From: 31 Prayers That Touch the Heart of God by Tiece L. King, PrayerShop Publishing 2014