

# 60 MINUTE PRAYER GUIDE

## The Lord's Prayer



Ask God to help you pray...and then read the following passage of scripture:

**'THIS, THEN, IS HOW YOU SHOULD PRAY: OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME, YOUR KINGDOM COME, YOUR WILL BE DONE, ON EARTH AS IT IS IN HEAVEN. GIVE US TODAY 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 THE EVIL ONE. FOR IF YOU FORGIVE OTHER PEOPLE WHEN THEY SIN AGAINST YOU, YOUR HEAVENLY FATHER WILL ALSO FORGIVE YOU. BUT IF YOU DO NOT FORGIVE OTHERS THEIR SINS, YOUR FATHER WILL NOT FORGIVE YOUR SINS.'**

### Approach (15 minutes)

#### **'OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME...**

Which name do you mostly use when speaking to God? Do you use the name 'Father'? Many of us have had difficult and painful relationships with our fathers, for some of us our fathers were largely absent from our lives and we rarely, if ever, saw them. God however is the perfect father; He does not abandon us or hurt us, 'Give thanks to the God of heaven, for his steadfast love endures forever.' Psalm 136:26

**// Why not imagine that you are sitting with God? Reflect on the Truth that his goodness does not change, 'Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.' James 1:17**

### Ask (15 minutes)

#### **'YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN. GIVE US TODAY OUR DAILY BREAD.'**

Think about all the people, situations and places you want God to move in; include anything that has been worrying you or any needs that you have. Ask God to teach you to pray in His will for His kingdom in each of these situations.

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### Examine (15 minutes)

#### **'FORGIVE US OUR DEBTS, AS WE ALSO HAVE FORGIVEN OUR DEBTORS. AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE.'**

Think back through your last 24 hours, the things you've done and the people you've met. Ask the Holy Spirit to highlight things you've done wrong. Next ask the Holy Spirit to show you times you should have acted and did not.

**// Why not thank God for forgiving you. Is there someone you need to forgive today? Ask God to show you who, and as thoughts come to mind, repeat the process.**

### Extend (15 minutes)

#### **'FOR YOURS IS THE KINGDOM, THE POWER AND THE GLORY FOR EVER AND EVER.' AMEN**

*'For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.'* John 3:16-17  
God has saved you from your sins and you stand before as pure and totally accepted.

**// Why don't you thank and praise God for the amazing truth of your salvation and acceptance.**

As you finish your time of prayer repeat these words to yourself: *"Seek first his kingdom and his righteousness, and all these things will be given to you as well..."* Matthew 6:33

**AMEN**