

STUDY UNIT 2

Luke 11:1–13 / Matt. 6:5–15

“LORD, TEACH US TO PRAY”

We learned in the prior Study Unit **WHY** we are to be devoted to prayer, to unceasingly live our life consciously in His presence, and to talk to Him at all times, with all perseverance. We are to do this because He loves us, and wants to share Himself and His life with us. Given this, let us examine **HOW** are we to pray.

The focus of this Study Unit is to learn what Christ told His disciples about **HOW** to pray. We find His teaching in Matthew 6 and again in Luke 11.

"Pray, then, in this way: 'Our Father who is 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 do not lead us into temptation, but deliver us from evil. For Yours is the kingdom and the power and the glory forever. Amen.'"

Matthew 6:9–13

The Lord has given us **8 major truths** that are to direct our prayer life here.

1. God's Salvation Through Christ—"Our Father, who art in heaven"

There are 2 families in this world. There is the family of Adam, into which every person is born; and there is the family of God, into which we were reborn by faith in the Lord Jesus Christ. We were once children of darkness but are now children of light (Eph 5:8). We were dead in our trespasses and sins but are now alive in Christ (Eph 2:1). We were once children of wrath, but now we are God's children of His love (Eph 2:2–3).

Jesus always addressed God as "Father" in all his prayers with one exception. When he was on the cross, at the moment in which He was made to be sin for mankind, and the relationship He previously had with His Father was broken, His cry was, "My God, My God, why have you forsaken me" (Matt 27:46)?

Jesus is uniquely God's Son, and God is uniquely His Father. But as He taught His disciples to pray, He revealed that, wonder of wonders, that same relationship is true for those who have believed in Him—whose sins are removed by His suffering. When you talk to God, say, "Our Father" because He is your Father (1 John 3:1). Thank you, Jesus, for making this possible!

The fact that God is the Father of believers is emphasized in other parts of Scripture. *Abba* is used three times in the NT for Father (Mk 14:36; Rom 8:15; Gal 4:6). It is the Aramaic word which means "dear Father." This is a term of warm affection and intimacy for a father, which children, whether youths or adults, would use when addressing their dads.

You have the privilege of addressing God as your father, with all the warmth and affection of a close, intimate, family relationship. If you are saved, this is your privilege. You are His child. You are His delight. He will help you in all your days of infancy. He is your Father. He will teach you how to walk, picking you up when you fall down. He will go before you and show you the way through life. He is your Father and He will care for you all the days of your life and bless you abundantly.

“O My Father, my dear Father, (*Abba*), Who art in Heaven, I know You love me and consider me even more important than Yourself. Please guide me today in the way. You will counsel me with Your eye upon me. I want to walk in a manner worthy of being Your child and to be pleasing to You in all that I do. Amen”

2. God’s Name—“Hallowed be Thy Name”

Peter used the word translated here as “hallowed” in 1 Peter 3:15. In this verse Peter uses it to mean “**Give God the place in your heart that He deserves.**” Do you hallow the name of God? For example, do you honor Him as **Elohim**, your Creator? This is the first of **several hundred names** God uses to reveal Himself to us. Do you hallow God as **El Elyon**, a title that refers to His sovereign rule over His creation? Do you know Him as **Adonai**, which is translated *Lord* in our Bibles? Is He the One who directs your life and to whom you honor and give your highest allegiance to? Do you know God as **Jehovah**, the name by which He reveals Himself as our Redeemer?

These names hardly begin to exhaust the character, attributes, and glory of our God. He is the **Father**, the **Son**, and the **Holy Spirit**. He is the **Alpha** and the **Omega**, and the **Ancient of Days**.

He is the **Wonderful Counselor**, the **Mighty God**, the **Everlasting Father**, and the **Prince of Peace**. He is the **Way**, the **Truth**, and the **Life**. He is the **Light of The World**, the **Good Shepherd**, the **Bread of Life**, the **Lord of lords** and the **King of kings**. He is the **Comforter**, **Teacher**, **Helper**, and **Guide**. He is the **Faithful One**. He is **Love**. And beyond this, He is described by over 400 more names and titles found in our Bibles that reveal our Heavenly Father to us.

“Our Father, who art in heaven, we would give You the place in our heart that You deserve. We acknowledge and honor You as our Creator, Redeemer, and Lord. You are the Eternal, Sovereign, Omniscient, Omnipotent, Lord over all. You are our Good Shepherd, our Rock, our Strong Tower, and our Fortress. You are our Strength and Power, our Comfort and Joy. Amen.”

3. God’s Kingdom—“Thy kingdom come”

There are two aspects of the Kingdom of God that we must learn if we are to pray with power about it. One is God’s present **Kingdom on Earth** by which he is seeking to build his church and rule in the hearts of individuals. This is an imperfect kingdom opposed and influenced by the devil. Christ explains the imperfect nature of this kingdom by using the parables found in

Matthew 13: the parables of the sower, the wheat and tares, the leaven, the mustard seed, the pearl of great price, and the dragnet.

The other kingdom revealed to us is **The Coming Kingdom** in which the rule of our Lord Jesus Christ will be complete and totally recognized. (See Luke 19:11–27, Acts 1:6–8)

We are to pray fervently for the salvation of lost souls, for Christ to be the King in the hearts of men and women on the earth until Christ comes (Matt 24:14), and also separately for our Lord to return to rule and reign upon the earth in His millennial reign.

“Our Father, we pray for the building of Your church in these last days. Help us to be the light You enable us to be, to stand for You in this Long War against You. Help us proclaim the gospel of Your salvation in all the world. And Father we ask that our Lord Jesus would come quickly. Amen.”

4. **God’s Will—“Thy will be done, on earth as it is in heaven”**

Jesus is teaching us here, that we are to live so strongly in the knowledge and sphere of God’s name, God’s kingdom, and God’s glory, that our prayers may be so confident that we may boldly say, “Thy will be done.”

“My Father, I do not pray just for myself in what I face today and I am not asking that my will be done. I would that You would be glorified in and through my life. Glorify Your name now in my situation, and do it in such a way that all will know that it is of You. Thy will be done. Amen.”

Our Lord now turns from these three priorities of praying for God’s name, God’s kingdom, and God’s will, to **three petitions that cover the whole of our personal life as believers**. The whole compass of our life is found in these prayers: 1) our bodily needs, 2) our soul needs, and 3) our spiritual needs are all addressed.

5. **God’s Provision for our needs—“Give us this day our daily bread”**

The phrase “our daily bread” includes by implication all the needs of life: food and clothing, a place to live, a job, and other physical necessities. God, we are told in Phil. 4:19, “will supply all your needs according to His riches in glory in Christ Jesus.” It is noteworthy that this does not say “all your wants.”

It is also important to remember, as we pray, that God allows tests and trials for a purpose, along with exhortations to respond to them in faith and confidence that He will provide what we need to endure the ones He allows for a purpose. We are to ask, not only for help and relief, but for His grace and strength to endure these times of trial that He allows for our growth and His glory.

“Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance.... Blessed is a man who perseveres under trial; for once he has

been approved, he will receive the crown of life which the Lord has promised to those who love Him.”

James 1:2–12

“My Father, today I come to ask You for help in enduring the physical trials that I face. Thank you for the hope you have given me through your promises and what I have seen and received of Your provisions in the past. Strengthen my faith today and surround me with Your favor as with a shield against the lies of the enemy. Please demonstrate Yourself strong to me in giving what is needed in this season. Thank You, Lord, for Your love and care for me and mine.” Amen.”

6. **God’s Forgiveness—“Forgive us our sins, as we forgive others”**

All Christians still retain a sin nature, face a great enemy, and are tempted to sin. Our old nature gets us into trouble again and again. God has provided the way for us to continually find forgiveness for our sins. All of us must return to the Lord again and again to confess our sin and ask for forgiveness and cleansing.

*“If we say that we have no sin, we are deceiving ourselves and the truth is not in us. [But]...**If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.**”*

1 John 1:8–9

When we sin and try to go forward in life without confessing sin to God, the Holy Spirit who dwells within us is **grieved** (Eph 4:30). If we sin, knowingly saying “no” to God’s revealed will, we **quench** the Spirit—His ministry of help, comfort, and power stops until we pray for forgiveness, (1 Thess 5:19). The glorious truth is that if we confess and ask for forgiveness, God will certainly grant it to us.

“My Father in heaven, hallowed be Thy name. You are the God of perfect holiness Who cannot endure sin. I have sinned again. Thank you for sending Your Son to pay the penalty for what I have done. I ask that You will forgive me because of what my Savior has done for me. I am not worthy of such love. Thank you for allowing me to go forward with a clear conscience before You. My sin is washed away! Amen.”

7. **God’s Leading and Deliverance—“Lead us not into temptation, but deliver us from the evil one”**

As we near the end of Christ’s instructions to us as to how to pray, He teaches us to pray that God would keep us from Satan’s temptations and deliver us from His evil. Temptation comes to us from three sources. First, we are to flee the **temptations of the flesh** (2 Tim 2:22, 1 Cor 6:18). Second, we are to renew our minds to escape the **temptations of the world** (Rom 12:1–2). Thirdly, we are to resist the **temptations of our Adversary, Satan** (Eph 6:10–18).

Here, Christ is addressing the last of these temptations, those that come to us directly from Satan (the evil one). We are helped in knowing how to do this by James, who tells us that we must do two things: **submit to God and resist the Devil.**

“Submit therefore to God. Resist the devil and he will flee from you.” James 4:7

So, how are we to do these two things?

Submitting to God simply means to surrender one’s will to God. Since this cannot be done apart from a personal relationship with Him, for a believer it means that we must spend time talking with Him in prayer (Matt 16:24).

Resisting the devil, who operates chiefly by deception, means that we must learn God’s Word and impose it on our minds and circumstances. This is what Jesus did when God led Him to be tested by the devil (see Luke 4). He resisted Satan’s cunning misuse of God’s word with the truth of God’s word and quoted from God’s word. The devil fled from Him.

We should notice that before these temptations, **Jesus had spent 40 days in prayer** with God and had **submitted** Himself fully to Him. After this submission we read that He was “filled with the Spirit.” The Spirit was leading Him in life and enabling Him to stand against every attempt to deceive Him to sin. Thus, when the devil was allowed to tempt Him, He was able to **resist** his greatest efforts to get Jesus to violate God’s Word. We must seek the Lord’s power to resist the devil through humble submission and prayer, as our Lord did.

8. **God’s Promises—“For Thine is the kingdom, and the power, and the glory, forever. Amen.”**

These are not requests or supplications. They are **acknowledgements** that our God is **preeminent in everything and over everything**. God’s kingdom is certain, His power is sufficient for all situations, and His glory will ultimately prevail. This is our HOPE. If we worry about the future, doubt God’s ability to take care of us, or rely upon our own power to meet life’s challenges, we will not confidently make these final statements to God when we are talking to Him. Our God will be too small, our prayers too timid, and our lives correspondingly fruitless. “My Father, You are the preeminent One in all the universe and all my own heart today. I am taking up my cross to follow You where you call me to go and do what You call me to do. You alone are **the King of all** creation forever and ever. You alone possess **all power** to rule and overrule. **All glory** is Yours forever and ever. Thank you for loving me more than I can imagine. Help me to so live today that all that I do pleases and glorifies You. May my light so shine by Your grace through me, that they may see **You** and praise **You**. Amen.”

UNIT 2 STUDY SESSION #1:

In preparation for the group study, read and study the above scriptures and summary and then complete the following self-evaluation.

Evaluating My Prayer Life in Light of Christ's Instructions

1. I am approaching God both with confidence (*My Father...*) and humble adoration.

2. My thoughts and hopes on His coming are in my prayers. (*Thy kingdom come...*)

3. Confession is a part of my prayers. (*Forgive us...*)

4. Requests for clear leading and protection are in my prayers. (*Lead us...deliver us...*)

5. God's sovereign rule and overrule is in my mind as we talk. (*For Thine is the...*)

Discussion Questions

Unit 1 addressed God's clear assertions to us that prayer is important and that it can accomplish much. This study is on Christ's answer to His first disciples on HOW to pray.

1. What did you learn from this study about Christ's answer to how to pray?
2. Did the "8 truths" divisions of His answer help?
3. Have you been able to set aside times with the Lord this week? Are you facing challenges with this? What commitments have you made regarding this? Do you need accountability and encouragement?

Prayer Together

UNIT 2 STUDY SESSION #2:

Our goal in these studies is to grow in our relationship with God by the maturing of our prayer life. Our ongoing project through these studies is to set aside regular and special times to **SEEK THE LORD IN PRAYER** and to keep a **PRAYER JOURNAL** of our requests and God's answers. Given the focus of this study, consider doing one or more of the following in preparation for our time next week:

Preparation For Session #2: Application Project

1. Memorize the Lord's Prayer.
2. As you begin each time with the Lord this week, use this model prayer to guide your praise, thanksgiving, and requests.
3. Continue to use your prayer journal.

Discussion Questions

If you were able to pursue one or more of the projects of this, can you share with us about it.

How has your journaling gone this week? Any answers?

Prayer Together