RHYTHMS OF PRAYER

DAILY PRACTICES FOR SPIRITUAL FORMATION
FAMILY EDITION
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.

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation but deliver us from evil.

For the Kingdom, the power and the glory are Yours now and forever. Amen.
DEAR FAMILY,

It was an honor and privilege to work on this family resource that encourages prayerful time together. Our hope is as you sit together each evening and reflect on the Lord’s Prayer, your time together will prompt discussions and present opportunities to experience this prayer in deeper ways.

We pray that this resource will be a blessing to you and your family. We pray that the Lord’s Prayer will speak to each family member. We pray that you will receive this time together with God in unity. Finally, we pray that God’s goodness will be revealed to each of you as you journey through this week of devotional time.

WITH LOVE,

MAJOR MARIE LARRINAGA, JOANNA POLAREK
AND THE SLD DEPARTMENT
Think about the name “Father.” Isn’t it humbling to think that we can come to God as His child? How does it feel to know that the one we pray to wants us to call Him “our Father.” When we are praying to “Our Father,” we pray to a loving God who loves us as a true father. In other words He is saying to you and me that no matter what, He loves us unconditionally. Believe it or not He is listening attentively to hear you call Him. It is awesome to know that no matter what time of the day or night our Heavenly Father, is waiting and listening to hear from you and me! He is a Father who protects, guides and meets our needs. He puts things in perspective for us and when we approach His throne in prayer we know that we are a child approaching our Dad and that makes the connection all the more special!

“One Sunday a little five-year-old girl was sitting near her mother in church. The minister was using his booming voice in prayer and was shouting so that the beams on the roof began to shake and dust could be seen floating down from the ceiling. The little girl saw this and leaned toward her mother to whisper; “Mother; don’t you think
that if he lived nearer to God he wouldn’t have to talk so loud?”"

Source: Bible Illustrations Book 4 pg.256-257 AMG Publishers Chattanooga Tennessee 1998

As you begin this week of looking at the words from the Lord’s Prayer, be mindful to ask yourself... “Am I focused on my Father God and is He first in my life?”

As a family, recite this much of the Lord’s Prayer:

PRAY LIKE THIS:
OUR FATHER IN HEAVEN,
MAY YOUR NAME BE KEPT HOLY.
We began our reading with, “May your Kingdom come soon. May your will be done on earth, as it is in heaven.” What a bold statement we are making! Without a doubt, we need to think about what we are actually saying when state these words. We need to believe and look forward to Jesus’ future kingdom where He will be reigning. This prayer is also about believing that now is the time for God to set up His kingdom. If this is our prayer and heart’s desire, then we need to live as such—our lives need to mirror the desire. We need to realize that we are not praying for our will. Instead, our prayer is asking God what He wants.

As the day comes to end, we believe and desire that God’s will is done in our lives. We need to put our plans and agendas aside and allow for Him to work in our lives. Again, “May your Kingdom come soon. May your will be done on earth, as it is in heaven” is a very bold statement. May our prayer reflect such a desire regardless of our plans and agendas. Putting our plans to the side to make way for God’s will is not always easy but He is a good and perfect God and His will is always better
than ours. Because of that, we should desire His will in our lives.

Questions to ponder upon...
• Are we living as though the Lord could return at any time?
• Are we praying “what do You—God want”?

As a family, recite this much of the Lord’s Prayer:

PRAY LIKE THIS:
OUR FATHER IN HEAVEN,
MAY YOUR NAME BE KEPT HOLY.
MAY YOUR KINGDOM COME SOON. MAY YOUR WILL BE DONE ON EARTH, AS IT IS IN HEAVEN.
TUESDAY

Scripture Reading:
Matthew 6:11 (NLT)

“GIVE US TODAY THE FOOD WE NEED,”

These words imply we are not to be worried about tomorrow’s food. It is not wrong to pray about something planned for next week, nevertheless Jesus wants us to keep focused on today. He does not want us to be overtaken with how things are going to turn out tomorrow or next week. Instead, he says, concern yourselves with what God is providing for your needs today. Worrying about tomorrow can make it very easy to ruin today’s joy and to overlook the blessings we have received and opportunities given.

We need to trust and believe that God will supply all our needs. When God gave the Israelites manna from heaven, he told them to gather enough for the day. If the Israelites took in more than the day’s amount to save some for the next day, they woke up to rotten manna. God wanted for them to trust in Him. Just like the Israelites, He wants you and I to trust and believe He will provide for us and meet our needs. We do not need to worry about tomorrow, we only need to simply rest in Him and He will provide.

Take a few minutes to think about all that occurred today
and give thanks to our Heavenly Father Jesus Christ for...
- What you received and what you were able to do
- pray and believe that He will supply all of your needs

As a family, recite this much of the Lord’s Prayer:

PRAY LIKE THIS:
OUR FATHER IN HEAVEN,
MAY YOUR NAME BE KEPT HOLY.
MAY YOUR KINGDOM COME SOON. MAY YOUR WILL BE DONE ON EARTH, AS IT IS IN HEAVEN.
GIVE US TODAY THE FOOD WE NEED,
WEDNESDAY

Scripture Reading: Matthew 6:12 (NLT)

“Forgive us our sins, as we forgive those who sin against us.”

Can you remember a time when you sinned and felt bad about it? Did you get caught, did you feel sorry for what you did? Is there a sin you committed that you haven’t confessed? There is good news. God can and will forgive you. How awesome is it to know that we will be forgiven if we ask for forgiveness? God won’t question what you did, but his love reaches to Heaven. That’s a lot of love. Now, because God can forgive our sins when we do wrong, we should also forgive those who do wrong to us. That can be very difficult to do. Trusting in God to forgive us when we hurt others and forgiving others who hurt us will help us experience forgiveness the way that God intends.

Think about a time that someone has sinned against you. Was it at school, home, the park or church? Did you forgive that person for what they did? If you ask God to help you forgive that person then you no longer have to feel resentment towards that person. Forgiveness and time will help you heal when someone has sinned against you. Talk to a parent or grown up that might be able to help you better understand the situation.
Tonight, consider saying a prayer that simply says “I’m sorry”. It’s a time to forgive and be forgiven.

Remember the golden rule, “Do to others as you would have done to you.” Luke 6:31

As a family, recite this much of the Lord’s Prayer:

OUR FATHER IN HEAVEN,  
MAY YOUR NAME BE KEPT HOLY.  
MAY YOUR KINGDOM COME SOON.  
MAY YOUR WILL BE DONE ON EARTH, AS IT IS IN HEAVEN.  
GIVE US TODAY THE FOOD WE NEED,  
AND FORGIVE US OUR SINS, AS WE HAVE FORGIVEN THOSE  
WHO SIN AGAINST US.
THURSDAY

Scripture Reading: Matthew 6:13 (NLT)

“AND DON’T LET US YIELD TO TEMPTATION, BUT RESCUE US FROM THE EVIL ONE.”

How easy it is to be tempted to do something that we know is wrong: sneaking a cookie off the counter without permission, glancing over at another student’s test answers, fighting with our sibling or friend, saying unkind words to someone. These are a few examples of ways that lead to temptation, and every time the result means that you are giving in to the evil one. Who is the evil one? He shows up in sneaky ways, maybe you don’t think that taking the cookie off the counter is a big deal, but you know that it probably wasn’t right to do it. So, it’s temptation that won in that scenario. Thank goodness that we have a God who is bigger and better. He can rescue us from the evil one. If we ask him to help us in times when we are thinking about doing something wrong, he can help us to make the right decisions and not be tempted to do things we shouldn’t.

Think about a time that you were tempted to do something wrong. Did you think about it before you did it? How did you feel after? It’s important to share times when you feel tempted. Your family can help you
through those temptations and support you during moments of uncertainty.

Try these simple prayers next time you are struggling with temptation, and instead speak with Jesus. This is an invitation for you and Jesus to be present together. “Come, Lord Jesus” or “Jesus, please help me.”

As a family, recite this much of the Lord’s Prayer:

OUR FATHER IN HEAVEN, 
MAY YOUR NAME BE KEPT HOLY. 
MAY YOUR KINGDOM COME SOON. 
MAY YOUR WILL BE DONE ON EARTH, AS IT IS IN HEAVEN. 
GIVE US TODAY THE FOOD WE NEED, 
AND FORGIVE US OUR SINS, AS WE HAVE FORGIVEN THOSE WHO SIN AGAINST US. 
AND DON’T LET US YIELD TO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE.
This week we have focused on the Lord’s Prayer. This may be a prayer that you repeat often, but have not thought much about. Our prayer for you this week, is that you were able to look more deeply into this prayer that Jesus taught.

We know that Jesus intended this prayer for everyone to pray. He includes himself with us (how beautiful) that we can pray together, forgive together, provide for each other, and guide us when temptation presents itself.

Today, think about these words in the closing prayer: kingdom, power and glory forever. Jesus tells us that when we say the Lord’s Prayer, and believe with our hearts and souls that Jesus is with us then we will be given the kingdom and all power and glory is with us forever. Remember, if you give grace (forgiveness to others), then you will receive grace (forgiveness from God).
Discuss as a family how you can remember to recite this prayer together on a regular basis.

As a family, recite this much of the Lord’s Prayer:

OUR FATHER IN HEAVEN,
MAY YOUR NAME BE KEPT HOLY.
MAY YOUR KINGDOM COME SOON.
MAY YOUR WILL BE DONE ON EARTH, AS IT IS IN HEAVEN.
GIVE US TODAY THE FOOD WE NEED,
AND FORGIVE US OUR SINS, AS WE HAVE FORGIVEN THOSE
WHO SIN AGAINST US.
AND DON’T LET US YIELD TO TEMPTATION, BUT DELIVER US
FROM THE EVIL ONE.
FOR YOURS IS THE KINGDOM AND THE POWER AND THE
GLORY FOREVER. AMEN