

Growth Track
Module 3: How Do I Grow
Student's Notes

Lesson Five - How To Pray (Part I)

Key Takeaway

Students can start a daily prayer habit today following the pattern of the Lord's prayer

Introduction

1. Jesus' life was marked by constant and consistent prayer. This was the key to His overcoming life and impactful ministry.
2. He also wanted prayer to be a regular part of the lives of His disciples.
3. In response to a question from his disciples, Jesus taught a pattern of prayer that we commonly refer to as the 'Lord's Prayer.'
4. The 'Lord's Prayer' is not to be chanted or repeated as a mantra but is a pattern of prayer to be followed.

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, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one. Matthew 6:9-13

I. ACKNOWLEDGE GOD AS OUR FATHER (John 1:12)

Our Father *in heaven...* Matthew 6:9

Prayer is not a formula but a personal conversation.

And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows. Luke 12:7

II. PRAISE GOD AND BLESS HIS NAME (Psalm 100:4).

*Our Father in heaven, **may your name be kept holy.** Matthew 6:9*

We approach God by praising Him for who He is. The names of God represent His nature. Some of the names of God are:

1. The Lord is our righteousness
2. The Lord is our peace
3. The Lord is our healer
4. The Lord is our provider
5. The Lord is our shepherd
6. The Lord is our victory banner

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III. PRAY GOD'S PRIORITIES

May your Kingdom come soon. May your will be done on earth, as it is in heaven Matthew 6:10

IV. ASK FOR WHAT WE NEED

Give us today the food we need... Matthew 6:11

V. RECEIVE AND RELEASE FORGIVENESS

...forgive us our sins, as we have forgiven those who sin against us. Matthew 6:12

VI. ASK FOR GOD'S POWER TO OVERCOME SIN AND THE EVIL ONE

And don't let us yield to temptation, but rescue us from the evil one. Matthew 6:13a

VII. END PRAYER WITH PRAISE

...For Yours is the kingdom and the power and the glory, forever. Matthew 6:13b

Conclusion

- God is our Father and His will is to provide for our daily needs.
- We've learnt a simple pattern in which to converse with our Father each day, and we can continue to use it as a model for our prayers.