

## Growth Track

### Module 3: How Do I Grow

#### Student's Notes

## Lesson Five - How To Pray (Part I)

### Key Takeaway

You 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](#)*

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### **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, Jehovah Tsidkenu (Jeremiah 23:6)
2. The Lord is our peace, Jehovah Shalom (Judges 6:23-24)
3. The Lord is our healer, Jehovah Rapha (Exodus 15:26)
4. The Lord is our provider, Jehovah Jireh (Genesis 22:14)
5. The Lord is our shepherd, Jehovah Roi (Psalm 23:1)
6. The Lord is our victory banner, Jehovah Nissi (Exodus 17:15)
7. The Lord is there, Jehovah Shamma (Ezekiel 48:35)
8. The Lord is our sanctifier, Jehovah Mekaddishkem (Exodus 31:13)
9. The Lord of hosts, Jehovah Sabaoth (1 Samuel 17:45)
10. The Almighty God, El Shaddai (Genesis 17:1)

### **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*

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### **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.