



digital prayer prompts + prayer journal



In the middle of his sermon on the mount Jesus took time to advise anyone with ears to hear HOW to pray. He instructed us to not pray pretentiously or for public recognition. He encouraged us to find a quiet place to be alone with our Father. Jesus told us that we didn't need to use flowery language or long drawn-out repeated phrases. We simply need to come as we are and bring our humble hearts before him...after all, our Father knows our needs before we even speak them! Jesus then gave his followers a "prayer template" to help them (and us) commune with our Father. We will be using this prayer example (The Lord's Prayer) as our guide here on the Prayer Walk as well as during our 40 Days of Prayer this Lent season. It is our hope that it would help you recognize God's presence more clearly and draw you into a deeper relationship with him!



TEXT **"Prayer"** TO 805-979-2003 TO RECEIVE DAILY TEXT PROMPTS



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 yours is the kingdom, and the power,
and the glory forever. amen.

Prayer begins, first and foremost,
with an understanding of who you
are communing with.

Who is God?

Wow! What a question. Humans
have been futilely trying to answer
that question since the beginning
of their existence.

Who is my Creator? Can he be trusted? What does he think of me?

Obviously, it will take a lifetime
to ponder these deep inquiries,
but our hope is that this journey
will draw you closer to the heart
of God and give you a deeper

understanding of who God is, how much he loves you and wants to shape you
more and more into who he created you to be...for the sake of others.

At the heart of prayer, of spending time in the presence of God, is the right
understanding of God as your FATHER. When Jesus taught us to pray he didn't
begin with,

"Oh, far away cosmic being..." nor with "Hey, bestie...".

No, he told us to pray to "*Our FATHER in heaven...*"

Because a father is *relational*.

A father is *near*.

A father has *authority*.

A father *recognizes the needs* of his children and *provides for them*.

A father has *more wisdom* than his children.

I don't know all the ways your earthly father shaped your understanding of
what a father is. No matter what, I know that he fell short of exemplifying a
father's love, authority, and wisdom. The fact of the matter is you were *LOVED*
into existence by a heavenly Father who created you *with intention*, who
knows all the facets of what makes you you, who loves you and *calls you*
GOOD. He is *FOR* you. He wants to see you not just sleepwalking and surviving
the day-to-days of life...but living...truly *LIVING...fully alive in Him*.

While we celebrate and know that God is our Father, we also must hold in tension the truth that our Father is high and lifted up. He is holy and set apart, very unlike us in every way. In the vastness of the universe and the heavenly realms, *there truly is no one like Him.*

When the prophet Isaiah came face to face with his Creator, his reaction was to declare his own filth and unworthiness and accept his own destruction. If you need to be reminded of God's holiness, read through Isaiah chapter 6 today and allow yourself to be in awe at the imagery of God, set apart on His throne as terrifying, heavenly beings sing out,

*"Holy, holy, holy is the Lord of Heaven's Armies!
The whole earth is filled with his glory!"*

Our Father is the King and he is worthy of our praise, our devotion, and our reverence. He is LORD and our role is to submit to him every day of our lives... not just because he is a trustworthy, good Father, but also because *his holiness demands it.*

This week we will be praying through a few different names for God. As you enter into God's presence each day, enter in with humility and reverence. Each name of God represents a distinct aspect of his character and is a new reason to worship him.

Jesus taught us to pray to our Father while also hallowing his name. This means to hold these names as *sacred, divine, and anointed*. While we often receive the benefits of God's great character and nature...that isn't really the point. The point is, his provision, his healing, his peace, and his victory in our lives should lead us unto greater and deeper awe and worship. When God provides for your needs, *bless his name*. When God guides you along right paths, *admire him*. When God restores you to wholeness, *honor his holy character*.

All hail, King Jesus • All hail the Lord of heaven and earth

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 yours is the kingdom, and the power,
and the glory forever. amen.



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 yours is the kingdom, and the power,
and the glory forever. amen.

OOH, BABY, DO YOU KNOW WHAT THAT'S WORTH?
OOH, HEAVEN IS A PLACE ON EARTH
THEY SAY IN HEAVEN, LOVE COMES FIRST
WE'LL MAKE HEAVEN A PLACE ON EARTH.

80's pop icon, Belinda Carlisle got it right
when she sang those words! On Earth as it is
in Heaven. Can you picture it?

Most of the time when we picture heaven, we
envision a far off place with angelic beings
and streets of gold...a place we can only
imagine right now. However, that's not exactly
how scripture, or Jesus himself, described
heaven. When Jesus sent out his 12 disciples he explicitly told them to

"GO AND ANNOUNCE THAT THE KINGDOM OF HEAVEN IS NEAR."

And how did Jesus describe what would happen when the disciples did that?

"Heal the sick, raise the dead, cure those with leprosy, and cast out demons. Give
as freely as you have received!"

In the Kingdom of Heaven, Jesus sits on the throne. In the Kingdom of Heaven,
death has been defeated. In the Kingdom of Heaven, sickness and evil have lost
their power. In the Kingdom of Heaven, generosity reigns. And, yes, Belinda, in the
Kingdom of Heaven, love comes first.

This is what Jesus instructed us to pray for...and he wouldn't have given us these
directions if he believed these things to be impossible. So, have the courage to
pray bold prayers of faith today!

Praying "Your Kingdom come, your will be done," is ultimately a yielding prayer.
We cannot pray these words while also clinging desperately to our will and our
narrow-minded hopes and dreams for ourselves. When Jesus instructed us to pray
this way, he was decisively asking, "Will you trust that your Heavenly Father knows
what's best? Will you allow Him to determine what is good and what is evil in your
life? In your loved ones' lives?"

Oh Lord, expand our imaginations for what is possible in our lives and our
communities! Give us eyes to see your kingdom near. Father, we trust you. We
trust that your intentions toward us are good and we yield once again to your will.

Down throughout the scriptures God has continually used the imagery of bread to convey the reality that HE is our ultimate provider. He is the one who sustains us, nourishes us, and cultivates us.

When the Israelites were wandering in the desert on their very round-about way into the Promised Land, God quite literally gave them their daily bread in the form of manna from heaven. And what did the Israelites do in response to God's miraculous provision?

They complained. A lot.

Apparently divine bread wasn't up to their culinary standards.

Let us NOT be like the Israelites. When God provides for our needs may we accept this nourishment with thanksgiving and wonder.

When Jesus burst onto the scene, he took things a bit further when he said:

"I TELL YOU THE TRUTH, MOSES DIDN'T GIVE YOU BREAD FROM HEAVEN. MY FATHER DID. AND NOW HE OFFERS YOU THE TRUE BREAD FROM HEAVEN. THE TRUE BREAD OF GOD IS THE ONE WHO COMES DOWN FROM HEAVEN AND GIVES LIFE TO THE WORLD." "SIR," THEY SAID, "GIVE US THAT BREAD EVERY DAY." JESUS REPLIED, "I AM THE BREAD OF LIFE. WHOEVER COMES TO ME WILL NEVER BE HUNGRY AGAIN. WHOEVER BELIEVES IN ME WILL NEVER BE THIRSTY."

Jesus is the true bread of heaven that gives LIFE. AND this bread sustains our contentment forever. Yes, please!

Many of us don't understand the type of trust involved in leaning on our Father for our daily physical meals. That doesn't change the fact that each meal is a gift from above...we've just relied too heavily on our own means of provision.

So, in addition to our physical sustenance, what do we need to rely on Jesus daily to provide? His wisdom? His presence? His strength? His protection?

Spend some time thanking God for providing for you and then ask Him to grant you your daily bread, specific to what you're experiencing right now.

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 yours is the kingdom, and the power,
and the glory forever. amen.

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 yours is the kingdom, and the power,
and the glory forever. amen.



Forgiveness is about freedom.

Forgiveness is about letting go of
that which you were never meant
to carry.

Have you ever experienced that in
your physical life? Have you ever
been hiking, or walking around
Disneyland all day carrying a heavy
backpack? And then, you finally
have a chance to take it off and
set it down for a few moments?

Oh the sweet relief!

This is what Jesus offers us.

Then Jesus said, "Come to me, all of you who are weary and carry heavy
burdens, and I will give you rest. Take my yoke upon you. Let me teach you,
because I am humble and gentle at heart, and you will find rest for your
souls. For my yoke is easy to bear, and the burden I give you is light."

Jesus wants us to live freely, and lightly...and HE is the key to that sort of life.
It all starts with repentance. Ultimately, repentance is about REALIGNING our
lives with the heart of God and the good news of His Kingdom. It is a daily,
moment by moment process.

In order to live in the freedom of forgiveness, we need to experience
forgiveness for our own actions and we also need to learn to forgive
others...one of the truly hardest spiritual practices.

You were never meant to carry the burdens of your own sin, LET ALONE the
sins of others. It's too much. It's time to release it.

Spend a few minutes of honest confession before your Heavenly Father who
responds with compassion and grace. Then, spend a few more moments
releasing others from your grip of unforgiveness...NOT for their sake...but for
the sake of your freedom.



Jesus, as he taught us what to pray for and how to pray, recognized that there was a spiritual battle happening for our very souls.

Yikes.

The truth is, we have an enemy. One who would like to see our lives to destruction...or at least see us live boring, mundane lives of little consequence.

Sometimes our enemy is our own complacency and selfish desires.

Sometimes our enemies are the messages of the world that surround us. Messages that love to tell us that the world revolves around us, while simultaneously declaring that we will never be enough or measure up. Confusing, I know. And sometimes, our enemy is the evil one, the great deceiver. This enemy loves to amplify the voices of our other enemies (the world and our flesh). He loves to see us give into temptation so that he can make us feel shame and a sense of defeat.

Lucky for us, Jesus knew the antidote to the schemes of the enemy.

Prayer.

Prayer, and time spent in God's presence is the most powerful tool we have against all of our enemies.

A final word: Be strong in the Lord and in his mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

Spend some time now in that battle. Armor up for today and in the weeks to come. Jesus has given you the power to overcome sin and temptation. Boldly ask your Heavenly Father to deliver you from the clutches of the evil one.

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 yours is the kingdom, and the power,
and the glory forever. amen.

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 YOURS IS
THE KINGDOM, & THE
POWER, & THE
GLORY FOREVER.
AMEN.**

This phrase, "For Yours is the Kingdom, and the power, and the glory, forever, amen." is (most likely) not actually in the original text of Jesus' prayer.

It has been added throughout Christian tradition as a finality and conclusion to the Lord's Prayer, the same way we might conclude a prayer, "In Jesus name, Amen."

This phrase, while not explicitly scripture, is an important reminder for us.

After we have just placed before our Heavenly Father all of our requests for provision, protection, and forgiveness, concluding our prayers with the acknowledgment that it's not about us or our wants and desires...it is about God's will. This phrase helps us to yield once more to God's kingdom, power and glory...in our world, and in our lives. He has the power to accomplish all we have prayed for, and we humbly submit ourselves before him.

This phrase is also a great reminder that we know how the story ends. While we may be consumed with worry over the schemes of the evil one or our lack of daily bread...this ending doxology puts into perspective the reality of what's to come. Jesus is seated on the throne and every knee will bow and every tongue will confess that HIS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER AND EVER AND EVER AND EVER. AMEN.

Spend some time in reverent worship before the King of kings. Yield to his will once more and declare who is on the throne of your life receiving all the glory He deserves!