

The Lord's Prayer Tool

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.

*Hello Daddy!
We want to know you.
And be close to you.
Please show us how.
Make everything in the world right again.
And in our hearts, too.
Do what is best – just like you do in heaven,
And please do it down here, too.
Please give us everything we need today.
Forgive us for doing wrong, for hurting you.
Forgive us just as we forgive other people when they hurt us.
Rescue us! We need you.
We don't want to keep running away and hiding from you.
Keep us safe from our enemies.
You're strong, God.
You can do whatever you want.
You are in charge.
Now and forever and for always!
We think you're great!
Amen!*

(The Jesus Storybook Bible, pg. 226)

"Pray as you can, not as you can't."

This is a tool, and only a tool, to assist you in learning to pray as Jesus taught us. Use it as a tool and adapt it in ways that help you encounter the love of the Father, the grace of the Son, and the fellowship of the Holy Spirit.

Our Father in the heavens

You are our Father and You love us.

Created in the Father's image
Bought by the Son's Blood
Filled by the Holy Spirit

The truest thing about You is that You love us.
The truest thing about us is that You love us.

**You are always & everywhere present.
You are always with me.**

Holy is Your Name

You are utterly unique in Your goodness and love.

May my life be filled with and reflect Your goodness and love.

Your kingdom come & Your will be done
on earth as it is in heaven

**May we love what You love because You love us so much.
May we love like You love because You love us so well.**

Loved by God with all His heart, soul, mind, and strength.
Love God with all my heart, soul, mind, strength.
Love my neighbor as I love myself.

health

emotional, psychological, mental, physical, social

kingdom & will in me
relationships
family
friends and friendships
church
community
city
county
state
nation
world

Give us this day our daily bread

Please give us what You know we need today.

“Man shall not live by bread alone but every word that passes out of the mouth of God.” – Jesus, Matthew 4:3

Good and loving God, we hold in your healing presence...

- ... those who suffer pain and ill health.
- ... those who suffer in mind and spirit.
- ... the suffering people of our world, and the places where people are experiencing hurt and division – including places of hurt and division in my own life.
- ... those experiencing grief and loss.
- ... those who need wisdom for their next steps.
- ... those people and situations that seem broken and beyond repair.
- ... those who have no one to pray for them and who will not pray.
- ... those whose needs are not known to us but are known by You, and those for whom we have been asked to pray...

Glory to the Father, from whom all love flows, Glory to Jesus, who showed His love through suffering, Glory to the Holy Spirit, who brings light to the darkest places.

(Adapted from Iona Abbey Prayer Book in Ruth Haley Barton's Strengthening the Soul of Your Leadership.)

Forgive us our debts as we forgive our debtors

Forgive my failures and set me free to forgive the failures of others.

Is everything okay in my heart?
Am I mad at anybody?
Have I hurt anybody's feelings?
Have I broken a promise?
Is someone waiting on me to apologize?
Am I having imaginary conversations?
With who?
About what?
Why am I having them?

Did anything come out of my mouth this week that embarrassed me?

Have I celebrated someone's failure?
Are there secrets eating at me?
What questions do I hope nobody asks?
Have I told a lie recently?
To someone I love?
To someone who loves me?

Has anybody hurt my feelings?
Has anybody broken a promise?
Is anybody mad at me?
Am I waiting on someone to apologize?
What am I thinking about the most?
What are my daydreams?
What are my nightmares?
What am I feeling the most?
What am I talking about the most?
Is everything okay in my heart?

Lead us not into temptation but deliver us from evil

Keep us safe from the devil and ourselves.

*“Reveal evil’s presence lurking in seeming good,
show me where you bring real good out of seeming evil,
make unsatisfactory what I set my heart upon, and show me
what a short-sighted creature I am,
and teach me to live by faith in You.”*

(paraphrased and adapted from [The Valley of Vision](#), “Peril)

8 Deadly Thoughts

gluttony – lack of self-control - discipline
lust – selfish desires - love
greed – anxiety & insecurity - generosity
sadness – disappointment – joy
anger – settled opposition – forgiveness
apathy – despair - hope
vainglory – envy - encouragement
pride – self-focus – humility

Armor of God – Ephesians 6:10-14

real enemy
spiritual forces of darkness
distraction, discouragement, disappointment

belt of truth
breastplate of righteousness
boots of the gospel
shield of faith
helmet of salvation
sword of the Word of God

Helpful Scriptures to Meditate & Pray Through

Our Father... I John 3:1-3
I John 4:9-18
Romans 5:1-5
Ephesians 3:14-21
Romans 8:14-17

Your Kingdom... Colossians 3:1-17
I Corinthians 13:4-8
Galatians 5:19-25
Ephesians 4:22-5:3
1 Peter 2:3-11

Give us this day... Proverbs 30:8-9
Matthew 6:19-34
Luke 4:16-19
I Timothy 6:6-10
John 6:26-40

Forgive us our debts... I John 1:5-22
Psalm 139:23-24
Exodus 20:1-10
Matthew 5:17-48
Psalm 32 and 51

Lead us not into temptation....
Romans 8:1-17
I Corinthians 10:1-13
Ephesians 6:10-14
Philippians 4:4-9
I John 4:1-4