

The Lord's Prayer

An Interactive Walk Through the Lord's Prayer

In Luke 11 the disciples ask Jesus to teach them to pray. He responds by giving them what we call The Lord's Prayer. This prayer has been prayed for 2,000 years in hundreds of languages, by millions of people. And we pray it still today. This interactive experience will be a time of prayer, using The Lord's Prayer as our guide. There are nine prayer stations set up inside the room. Each one has a different medium to serve as a prayer aide. People connect with God in different ways... we're not all eyes-closed, head-nodded, hands-folded, down-on-our-knees pray-ers. These stations will allow you to explore different ways to connect with God through prayer. Move through the stations in any order. If you really enjoyed one, come back to that particular station and spend more time there.

On the following pages you will find The Lord's Prayer broken down into nine stations (introduction, seven petitions, and conclusion). Each station will have a brief explanation, several points for you to consider as you pray, and reflection questions to answer. Here are few more things to keep in mind as you go through the prayer path:

- + Remember: a major part of praying is listening. Take time to hear what God is saying to you.
- + Honor the prayers others are offering. Move quietly from station to station as not to disturb those in prayer. If a station appears crowded, wait quietly nearby or move to another station.
- + Pace yourself in order to make it all the way around the room and all the way through the Lord's Prayer. Considering the whole prayer and experiencing many different ways to pray might help you find an approach or method of praying that works well for you.
- + At each station, after you pray, answer the reflection questions in your guide. Use the Bible passages to help you answer each question.

1

Our Father who art in heaven.

Pictures

Here is God's invitation to us to speak to Him, child to Father. He doesn't require us to address Him in formal words, but to address Him as dad. And, as the perfect father, He listens to His dear children and is able to provide all that they need.

Look closely at the pictures on the screen. Focus on one or two that remind you of this part of the Lord's Prayer. God invites every one of His children to come before Him in prayer. Put yourself in the picture, or consider the situation in the picture. How is God speaking to you through the image?

As you pray...

- + Take your relationship with your earthly parent(s) to God. Pray a prayer of thanksgiving, ask for forgiveness, for guidance, for reconciliation... for whatever that relationship needs.
- + Share your deepest fears, your hidden conflicts, your strongest desires... whatever you wish to share... with your Father in heaven.
- + Remember our Father, the King of heaven and earth, can move heaven and earth to provide everything you need in this life and the next.

Reflect + Respond

1. In what ways does the word *Father* bring you comfort and encouragement to pray? (1 John 3:1)

2. What do the words "*who art in heaven*" say about God? (Acts 17:24)

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2

Hallowed be Thy name.

Music

Here we state a truth: God's name is holy. He alone is the holy one and everything else is dim and dull and imperfect compared to Him. Here we ask that we keep God's name holy by living lives that reflect that holiness.

Put on the headphones and worship for awhile. Be taken away by the music, listen to the words, pray with the singer, let the poetry and beauty of the sound capture and express your heart.

As you pray...

- + Ask for forgiveness for the times you've fallen short of reflecting God's holiness.
- + Spend time in silence and awe that this God of wonders would choose to love you.
- + Give thanks for the gift of a relationship with such a God.

Reflect + Respond

1. What is the connection between this petition and the second commandment (Exodus 20:7)?

2. How do we keep God's name holy? (Jeremiah 23:28, Matthew 5:16, Ephesians 4:1)

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3

Thy kingdom come.

Food

This is not a snack to satisfy your appetite, but a touchable, taste-able, reminder of the goodness of God. Psalm 34:8 says, "Taste and see that the LORD is good."

God is the King of the universe, of heaven, and of His church on earth (all believers). Here we pray that His Holy Spirit would come and stay with us... that His kingdom would come to us. We also pray that His eternal kingdom would come quickly.

As you taste the sweetness of the candy and as you pray...

- + Give thanks for the gift of God's Holy Spirit, His continual guiding presence in your life.
- + Give thanks for the "tastes" of heaven you see every day in the way God blesses you (family, friends, happiness, etc.).
- + Pray that you would be aware of the Holy Spirit's presence in your life.
- + Ask for God's continued grace and guidance to live a life that is faithful until death.

Reflect + Respond

1. What is the *kingdom of God*? (Psalm 103:19, 2 Timothy 4:18)?

2. How can we be certain that the kingdom of God will come? (Isaiah 55:11)

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4

Thy will be done on earth as it is in heaven.

Journal

God's will seems elusive sometimes. There are so few earthquakes, burning bushes, and stone tablets being handed out these days. But, God's will is more knowable the better you know Him. Here we pray that His will would be obvious to us and that we would live a life directed by it.

Write your prayer, write your thoughts, your fears, your needs, your hurts, hopes, joys... anything. Express yourself to God in written words, just for Him to read. When you are finished, take your written prayer with you.

As you pray...

- + Recognize that God's will is not secret or unknowable to you.
- + Ask God to make His will known to you.
- + Ask God to help you see the needs of others.
- + Pray that nothing would get in the way of you living your life according to His perfect will.

Reflect + Respond

1. What is the good and gracious will of God? (1 Thessalonians 4:3, 1 Timothy 2:4)

2. Why do we pray that the will of God be done, and not our own? (Psalm 115:3, Isaiah 55:8-9)

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5

Give us this day our daily bread.

God's Word

Here we are praying that God would give us everything we *need* for life and we're recognizing that all we have comes from Him. This part of the prayer is about trust that God will provide.

Search God's Word, the Holy Scriptures, our *Daily Bread*, for His precious promises. Find answers, comfort, strength, peace...

As you pray...

- + Give thanks to God for everything He has given to you.
- + Recognize those moments you've been selfish or unsatisfied with God's gifts and ask for forgiveness.
- + Ask for a change of heart... a heart of satisfied thanksgiving for God's gifts.

Reflect + Respond

1. What does Jesus mean by *daily bread* and why is that something for which we should pray? (Psalm 145:15-16, 1 Timothy 4:4-5)

2. Why does Jesus have us say "this day" and "daily"? (Proverbs 30:8-9, Matthew 6:34)

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6

And forgive us our trespasses as we forgive those who trespass against us.

Sticks

Anytime we are in God's presence we have to acknowledge our position before God... we are sinful and don't deserve anything, not even for our prayers to be heard. So we beg for forgiveness and to be made right with God. And we vow to treat others as He has treated us.

Think about the times in your life where you've hurt someone because of sin. As you ponder, break the stick into pieces as a symbol of the brokenness we experience as sinful humans. Break additional pieces as you are reminded of those who have hurt you. Break these pieces as a reminder of the brokenness we feel from others when they hurt us. Finally lay all of the broken pieces at the foot of the cross – a true symbol of forgiveness and restoration.

As you pray...

- + Recognize your sinfulness.
- + Lay your sins at the foot of the cross.
- + Name the sin that keeps coming back and give it over to Jesus.
- + Picture in your mind those people you need to forgive, ask for forgiveness for not forgiving them and vow to make the relationship right.

Reflect + Respond

1. What do we ask God for in this petition and why? (Psalm 51:1-2, Psalm 130:3-4)

2. What does God want us to do for those who sin against us? (Matthew 18:21-22)

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7

And lead us not into temptation.

Rocks

It's not that we're asking God to not tempt us, He doesn't do that. We're asking Him to guard us and keep us safe from temptation, from our own sinful nature and from the devil. In Matthew 4 we read "Then Jesus was led by the Spirit into the desert to be tempted by the devil." Are you in the desert? A place of temptation? Where do you see Satan working to tempt you? In this same story the devil tempts a hungry Christ to turn rocks into bread to satisfy Christ's hunger. Where have you let *rocks* become *bread* in your life?

Take with you a rock to remind you that Christ is our Rock! He is the Living Stone and Breath of our Salvation. It is He who leads us away from temptation as we realize His presence in our lives.

As you pray...

- + Pick up a rock, hold it tightly and name those things that regularly tempt you.
- + Ask for God to send His holy angels to protect you during times of temptation.
- + Ask that God would strengthen you to stay away from situations where temptation is especially strong.

Reflect + Respond

1. Into what kinds of evil does the devil and our enemies try to mislead/tempt us? (Galatians 5:17)

2. What are we really asking God to do for us when we pray this petition? (1 Corinthians 10:12-13)

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8

But deliver us from evil.

Candle

Evil is real and it's all around us. The devil is real and he works hard against God's people. There are battles being fought for our souls. Here we pray that God would guard our souls and keep us faithful to Him until death or His return.

Focus on the flame, its flickering movements, colors, shapes, and warmth. Use this line of the prayer or your own words to God and repeat them over and over again. Meditate on those words. Sit in silence and listen for God.

As you pray...

- + Thank God for being our protection against evil.
- + Pray for safety from everything the devil would do to steal your soul.
- + Pray that God will keep your light strong in a world of darkness.

Reflect + Respond

1. What kind of evil does our heavenly Father deliver us from? (Psalm 121:7-8, 2 Thessalonians 3:3)

2. What final deliverance from evil do we ask the Lord to bring to us? (2 Timothy 4:18)

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9

For Thine is the kingdom and the power and the glory forever and ever. Amen.

Art

We can ask all of these things of God because nothing is too much for Him. He has promised that He is for us, His children. And His promises are guaranteed. When we say, "Amen," we really are saying, "You will do what You have promised. I believe it."

Using the materials here and your creativity, express yourself to God. Create a masterpiece for His gallery, or simply draw a picture to hang on his refrigerator. Here is your chance to express what He has laid on your heart. This is an opportunity for you to communicate your faith and trust in that what He has promised will come true. When you have finished your masterpiece, leave it at the station for others to see your visual prayer.

As you pray...

- + Have confidence, not in yourself, but in God and His promises.
- + Say, "Amen," with a heart that trusts in God.
- + Be refreshed and renewed, having spent time in the presence of a loving and Holy God.

Reflect + Respond

1. Why do we end the Lord's Prayer with the word "Amen" (which means, "Yes, let it be so!")?

2. How do you know God is able to answer the prayers of His people? (Psalm 113:4-5, Ephesians 3:20-21, James 1:17)

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