

Praying the Lord's Prayer

A resource from Chapel Hill Church

The Lord's Prayer is not only a prayer you can pray straight through from beginning to end, but also a model of prayer that you can use to shape a longer time of prayer. Pray the prayer one line at a time, and then begin to pray as you feel led, personalizing the line with your own words. Below are some prompts to help you get started.

Our Father who is in heaven

Begin by acknowledging your relationship to God. You are his child, adopted into his family, ransomed by the blood of the Son of God. God is intimately present to you. But God is also above all and over all, seated in heaven. He is sovereign and in control. In this way, God is both immanent and transcendent.

Hallowed be your name

Worship and revere the name of the Lord. Declare back to him in praise who he is: holy, matchless, powerful, loving, beautiful. Meditate on the names of God as we find them in Scripture. For example: I AM, the God who provides (Jehovah Jireh), the God who heals (Jehovah Raphe), Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace, the Good Shepherd, the Resurrection, and the Life.

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

Begin to pray that God's kingdom—the place where he rules and reigns—would begin to extend on earth. Intercede for our nation, our state, our city. Pray for those who don't know Jesus. Pray for missionaries and church planters who are seeking to bring the kingdom. Pray for God's kingdom to rule and reign in business, schools, government, and other areas of society. Pray for those in your life to know God's will for them. Pray for God's wisdom for your own life that you would know his will. Pray for difficult circumstances and situations you might be facing, that God's will and way might be done.

Give us this day our daily bread

Ask for the Lord to provide whatever you might need. For your friends and family who need the Lord to provide for their needs. Not only financial needs, or even physical needs, but also emotional and spiritual needs. Pray that worry might cease, and peace may be found in the provision of the Lord.

Forgive us our debts, as we forgive our debtors

Reflect if there is any sin you need to confess to the Lord. Repent of that sin and find forgiveness in Christ. Reflect if there is anyone you need to forgive. Release them to the Lord in prayer and begin to pray for them and that God would restore your relationship.

Lead us not into temptation, but deliver us from evil

Pray that God would protect you this day from being in a position of being tempted. Pray that if you are tempted you would have the strength to withstand evil. Pray against any evil you might see in your life, or this world, asking for God to act and move in the name of Jesus against the powers of sin and darkness.

For yours is the kingdom, power, and glory, now and forever

Finish with praise and worship, reminding yourself that God is above all things. Praise him for what he has done in the past and what he is yet to do in the future.