



Praying the Lord's Prayer



Use this framework a number of times, until you make it your own, then expect your use to grow and change until it is *your* meditative aid rather than mine. It may well take a month or two of using this outline several times a week to reach that point. ‘Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.’ (Galatians 6. 9)

This form is a short one I use in the normal course of the day. It is easily remembered and enables me to pray the prayer in a short space of time – whilst waiting at the traffic lights or for a meeting to begin, for instance.

Our Father in heaven

Look up to the God who has made all that is, and rejoice that he knows and cares for you. He has given us his Spirit, so that we can call him ‘Abba, Father’ (Romans 8. 15, Galatians 4. 6).

He is all-powerful yet he uses his power only in doing good.

See yourself as part of a world-wide family that is chosen and loved by the Father.

Rejoice that such a God actively invites us to come before him in prayer.

Your name

Your kingdom

Your will

God’s name expresses his character, meditate on that character and its many-sidedness – creativity, compassion, truth, holiness, justice, peace, mercy.

Praise God that his ‘just and gentle rule’ has broken into this world, supremely in Christ.

Praise him for every way in which you are aware of his kingdom coming in your ‘world’.

Lift to him situations that cry out for the breaking in of his kingdom.

Listen to the Spirit giving you prayer beyond your understanding for the coming of his kingdom into specific situations.

Be open to the gift of righteous indignation or compassion as fuel for prayer.

Let the gulf between what is and what could/should be, generate faith and hope for prayer.

Expect to be made eager for a new world order in which righteousness and peace dwell.

Bring your life before God to be available to him in his service.

Be open to his directions for your living.

give us

forgive us

deliver us

Be specific in bringing your practical needs to God, especially those things you need in order to do the will of God.

Where we have sinned, own it, give it to God and receive in its place his forgiveness.

Where we have been wronged, admit it, and release those people from any debt to you – pray for God's blessing on anyone who is your enemy, anyone you find difficult.

Be open to God showing you any way in which you are involved in a spiritual battle – ask for God's wisdom, strength, protection and courage to handle that situation.

the kingdom

the power and

the glory are yours. Amen

Affirm the fact that God is with you wherever you go.

Celebrate the fact that when you leave your time of prayer, God goes with you.

Look with the eyes of faith, hope and love on the things that you are about to turn to.

From Robert Warren, *An Affair of the Heart*, pp. 158-60.