60 MINUTE PRAYER GUIDE: THE LORD'S PRAYER

Spend an hour reflecting on the most famous prayer in history.
You'll need: paper, a pen, a bin

APPROACH – 15 Minutes

"This, then, is how you should pray: Our Father in heaven, hallowed be your name" - Matthew 6:9

Think of all of the names that you use for God (For others read: Genesis 21:33, Exodus 3:14, Judges 6:24, Deuteronomy 7:9, Deuteronomy 10:17, Isaiah 5:16, Psalms 136:26, Isaiah 7:14, John 8:58).

Which name do you use most when you pray?

"What comes into our minds when we think about God is the most important thing about us" – A W Tozer

How often do you use the name "Father"?

Read Matthew 7:9-11.

How does your identity as God's child affect the way you approach him now?

ASK – 15 Minutes

"Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread." - Matthew 6:10-11

Write your name in the centre of a sheet of paper, then surround it with the people, situations and places that you want God to move in. Include anything that has been worrying you.

Ask God to teach you to pray His will for his kingdom in each of these situations.

Then, make a paper aeroplane from the paper. As you throw it across the room, thank God that He has all of your life in His hands.

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REFLECT – 15 minutes

"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" - Matthew 6:12-13

Think back through the past 24 hours; the things you've done, people you've met.

Ask the Holy Spirit to highlight things you've done wrong, or times where you should have acted and did not.

Write everything that's come up on a piece of paper and as you say sorry, tear the paper into a bin. Thank God for forgiving you.

Is there someone you need to forgive today? Ask God to show you who.

PRAISE - 15 minutes

"...and has made us to be a kingdom and priests to serve his God and Father – to him be glory and power for ever and ever! Amen." - Revelation 1:6

Stand and speak the names of God aloud, adding after each one why this is true in your life

Write a song or poem that expresses your love to God. If you need to, find inspiration from the book of Psalms, and modern day worship songs.