



Prayer


**4-Week Devotional
through Matthew 6 for
a better prayer life**

 **Sanctus**
Student Ministries

Week 1: Space

Matthew 6:5-6


5 “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. 6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”



Check your space and your surroundings. When you seek alone time with the Lord to pray, find a secret place to pray. Maybe your closet, or in the corner of your room. Be sure to separate yourself from other distractions, and other people. God’s eyes and ears are the only eyes and ears you need to be concerned with.

Bonus:

Read Luke 5:16.




Create a sacred “desolate” space for yourself to pray. Where is this space? What are you doing to the space? Where are you placing the things that distract you?

Week 2: Posture

Matthew 6:9-10


9 “This, then, is how you should pray:
Our Father in heaven,
hallowed be your name,
10 your kingdom come,
your will be done
on earth as it is in heaven.”

When you pray, think about the way you are approaching God.



This passage gives us guidelines for approaching God as our Holy King of heaven and earth. The way you posture yourself towards another person can reflect your heart attitude towards them. Your mental, emotional, and physical posture can reflect your heart attitude towards God.

Bonus:



Look up the following Bible passages and think about the different forms of mental, emotional, and physical posture represented in the text. After reading the following passages try physically or metaphorically practicing the different posture depicted.


Psalm 4:4; 1 Timothy 2:8; Psalm 95:6; Nehemiah 8:6; Matthew 26:39

Week 3: Ask and Trust

Matthew 6:11


11 “Give us today our daily bread”

Jesus is giving these instruction to His disciples on how to pray.



What's also mind blowing is that Jesus is God! God is saying that He wants you to ask Him for things, and to tell Him what it is that you need. “Daily bread” is refering to the things you need to live for the day. When you pray and ask God for things that it's not about getting anything; it's all about trusting our Provider to give us what He desires to give us. We just need to trust Him because He loves us, and will always take care of us.

Bonus:




Before you pray, make a list of anything you want. It can be an experience, a thing, a relationship, or anything else that you can think of where you might have had the thought, “*I want that...*” After you make this list, take a moment to try and examine any patterns or connections among the list. Then if you were to summarize the heart of this list, what would you say it is that you deeply desire?

Talk to God about your list, your deepest desire, and ask Him to give you everything HE wants to give you.

Week 4: **Forgive & Prepare**


Matthew 6:12-13

**12 “Forgive us our debts,
as we also have forgiven our debtors.
13 And lead us not into temptation,
but deliver us from the evil one.”**



Because of our sinful nature, we slip into sin everyday. We are held accountable to God, and when we choose to not live by his Holy standards for our lives, then we are choosing to sin against Him. Not only do we need to seek forgiveness for our own sins, but Jesus also says we need to extend that same forgiveness towards others. BTW, your forgiveness towards others should be so quick that it seems to always be in the past tense. Jesus also instructs us to pray for God to steer us away from the temptations that are set before us by Satan. Don't just ask him to guide you, but you need to follow him in victory.

Bonus:



Read Ephesians 6:10-18. When you ask God to deliver you from temptation, you need to be aware of how hard the enemy is plotting spiritual warfare against you. As you pray for God to deliver you from future temptations to sin, know that He is equipping you with this spiritual armor depicted in this text.

