

## Our father who art in Heaven, hallowed be your name

- a. Spend time praying prayers of **Adoration**
  - i. Tell God what you love about Him and why he is so awesome

## Your Kingdom Come, your will be done

- b. Spend time praying prayers of **Intercession**
  - i. pray for the *spiritual* needs of self/others & our world (local then global)
  - ii. pray for God's kingdom to reign over things like: gang activity, addictions, mental health struggles, natural disasters, etc.(Your words have power & authority in Jesus)

## On earth as it is in heaven

- c. Spend time praying prayers of **Contemplation**
  - i. (what would Heaven look like if it was invading \_\_\_\_\_ situation?)
  - ii. practice *seeing* and *speaking* out what Heaven could look like in our midst, our city, our world

## Give us this day, our daily bread

- d. Spend time praying prayers of **Petition**
  - i. Pray for the *physical* needs of self/others
- e. Spend time **Listening**
  - i. Ask God for ears to hear Him, take some quiet space here and see what God is speaking to you (Jesus said, 'my sheep know my Voice')

## Forgive us our sins

- f. Spend time praying prayers of **Confession**
  - i. Admitting our cooperation with evil in our world, admitting the evil within ourselves
  - ii. Admitting our state of weakness and our need for God
  - iii. Thanking Jesus for sharing his righteousness with us (He has made room for our mistakes)

## as we forgive those who sin against us

- g. Spend time praying prayers of **Forgiveness**
  - i. Release others from the wrongs they have done (to you, or around you)

## lead us not into temptation but deliver us from evil

- h. Spend time praying prayers of **Spiritual Warfare**
  - i. Lies are the enemy's primary weapon
  - ii. Challenge the work of lies with the power of your words (the truth)
  - iii. Speak the truth into dark situations (how does Jesus see it? What's his story about it? Say that out loud)