

# PRAYER 101

## Jesus, teach us to pray!

A workshop for beginners, but also deep enough for those experienced in prayer!

**April 18**  
**9:00 - 10:30am**

**Pray with us**  
**on Zoom online**



**Watch the videos on [cmcholland.org](https://cmcholland.org)**

John & Marilyn Bright · Jim Harrison · José Durán



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**CHRIST  
MEMORIAL  
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# Welcome

We are so happy you are here!

Do you have a rich and rewarding prayer life? Do you love to pray; commune with God, our Father? Or, is prayer a struggle for you? Do you feel like you don't know how to even begin? Or are you in the middle somewhere?

Do you see prayer as a joy, a privilege? Or is it something you check off on your "to do" list? Something that "I'll get around to if I have more time"? Do you wait until you are desperate then cry out in prayer? Or pray in your everyday trials and joys? Do you have daily conversations with God?

Are you saying the words because they are beautiful, they "sound right", or do you say what's on your heart? Are you listening to God, really listening?

Would you like to experience the power of praying with a group of your fellow Christians, or does that sound scary to you? Do you long to really feel the presence of God when you are alone with Him in prayer? Are you longing for a deeper relationship with our Lord?

Then welcome, and open your hearts and minds to what the Holy Spirit is going to tell you today.

# Why We Pray?

Jose Duran

Jesus is the Son of God. 100 % God. 100 % human. He healed many people and performed miracles. He taught them openly about The Kingdom of God. But Jesus never taught his disciples in how to preach or teach. The disciples saw his life. They imitated him. His disciples only asked him one question, "Jesus teach us to pray".

Why? It was Jesus' \_\_\_\_\_:

- *Mateo 14:23 "After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone".*
- *Mark 1:35-39, "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. <sup>36</sup> Simon and his companions went to look for him,<sup>37</sup> and when they found him, they exclaimed: "Everyone is looking for you!"*
- *<sup>38</sup> Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." <sup>39</sup> So he traveled throughout Galilee, preaching in their synagogues and driving out demons.*
- *Mark 6:45-48, "Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. <sup>46</sup> After leaving them, he went up on a mountainside to pray.<sup>47</sup> Later that night, the boat was in the middle of the lake, and he was alone on land. <sup>48</sup> He saw the disciples straining at the oars, because the wind was against them. Shortly before dawn he went out to them, walking on the lake.*
- *Luke 11:1-4, "One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples." He said to them, "When you pray, say: "Father, hallowed be your name, your kingdom come. <sup>3</sup> Give us each day our daily bread.<sup>4</sup> Forgive us our sins, for we also forgive everyone who sins against us and lead us not into temptation."*

## Explanation of the Lord's Prayer

- 1) "Our Father in heaven, holy is your name."

Praise God for who He is! It is an invitation to draw near to God with reverence and confidence as children to a father, able and ready to help us. Remember and proclaim the Father's Character – who God is – and who we are. *Begin times of prayer by praising God for who He is!*

- 2) "Your kingdom come, your will be done on earth as it is in heaven,"  
Ask for Heaven to come to Earth!

When we pray, we are asking for the Father's Kingdom of light and love to advance against darkness and hate. Our desire is to see heaven come to earth in every situation. Dallas Willard wrote, "Heaven is God breaking into our reality." What are our realities? *Ask God to break into them.* For example: if our reality is sickness, God breaking in would bring healing. If our reality is fearfulness, God breaking in would bring courage. If our neighbors are disconnected, God breaking in would bring community. If our friends have rejected Christ, God breaking in would bring faith.

- 3) "Give us this day our daily bread"  
Ask for your daily needs!

Is a straightforward way of asking for the Father's provision. We have needs and in asking for God to meet them we acknowledge that God has the means to feed us whatever our hunger is. Some are reluctant to bother God with things so trivial as our own personal needs. But God is not above being concerned about these things. He wants us to humbly acknowledge our needs and our dependence on him for everything. *Pray for your own needs! God is a loving father who is wise enough to know our needs and who likes to hear from his kids.*

- 4) "Forgive us our debts as we forgive our debtors".  
The Father's Forgiveness.

Here we ask for the Father's forgiveness and express our commitment to forgive others. When we refuse to forgive the transgressions of another we are saying, "God, my sins against you were not as bad as this person's sins against me." But we owe God more than we can imagine for the forgiveness he gave us in Jesus. Jesus tells a parable about a man whose master forgave a huge debt. Later the man refused to forgive someone a little. The master was not pleased (Matthew 18:21-31) Jesus is clear—God's forgiveness of us includes our forgiveness of others. Besides, when we forgive others, we experience something of the joy and life of God! We are all sinners in need of grace. *God has forgiven us our sins at the cost of his own suffering.*

- 5) "Lead us not into temptation"  
Ask for the Father's guidance!

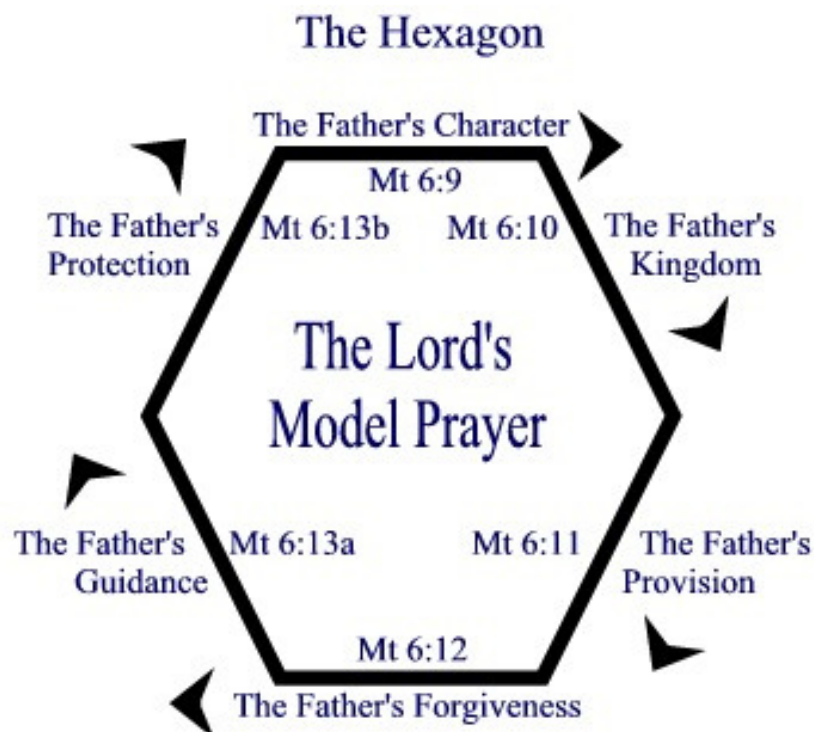
God is very interested in each of us and desires for us to represent Him in his kingdom well. Here we are asking God to give us the strength to be in the world but not of the world— and to lead us through it. *It is okay to ask God to guide in big things and little.*

- 6) “Deliver us from the evil one”  
Ask for the Father’s protection!

is acknowledging both the problem of evil in the world and our need for the Father to protect us from it. Our souls have a strong and destructive enemy, but “Greater is He that is in us than He that is in the world.” The name of Jesus is greater and God will answer this prayer.

When you work through this prayer, use it as a pattern to pray for all sorts of things. God is interested in every aspect of your life. Of course, he knows what’s going on already, but he wants to hear it from you. Bringing our praises, our requests, our needs, and challenges before God makes a difference in our hearts and opens our eyes to the ways that God is at work around us.

(By Mike Breen in Building a discipling culture book)



Question for Reflection:

2) Are there other patterns of prayer that you know of that have been helpful. A.C.T.S.—or praying the scriptures, for example.

# Prayer 101 Notes

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