



Lent: Prayer



Word of the Week: Matthew 6:5-15

And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogue and at the street corners, that they may be seen by others. Truly I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him.

Pray then like this:

'Our Father in heaven,
Hallowed be your name.
Your kingdom come,
Your will be done,
On earth as it is in heaven.
Give us this day our daily bread,
And forgive us our debts,
As we also have forgiven our debtors.
And lead us not into temptation
But deliver us from evil.

For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Word of the Week

This week we hear from Jesus about how we should pray so that our words to God are sincere and so that we can have a genuine relationship with God. He warns us about praying for the sake of being seen by others – this is what the hypocrites do. Jesus reminds us that true prayer should be a private conversation with God, not a public display to gain admiration from people. Jesus also highlights the importance of having the right attitude when praying. We should approach God with humility and sincerity rather than using elaborate words or formulas to impress others. The Our Father is a model for how to pray. In it we praise God, ask for daily provisions, ask for forgiveness and seek God's will. Saying the Lord's Prayer shows our heartfelt expression of faith that is focused on building a relationship with God rather than seeking recognition from others. We pray in the best way that we can – in the way that Jesus himself taught us.

Actions for the Week ahead:

- * Be still. Find some calm and say a prayer for yourself.
- * Be present in prayer. Listen thoroughly to the words and seek to understand them.
- * Be persistent with prayer even when it is challenging.
- * Practice gratitude in your prayers to help you in your day.
- * Create a Prayer Board in your room and fill it with your words.

Prayers for the Week

Heavenly Father,

As we go through Lent, help us open our hearts to Your presence. Teach us to turn away from distractions and to focus on your love and mercy. Give us the courage to examine our lives with honesty and humility, recognising our faults and seeking forgiveness.

Amen

Heavenly Father,

Teach me to love the quiet moments when I pray. When my mind wanders, bring it back. When my heart feels heavy remind me that prayer is where I can lay everything down. Help me pray in a way that I become closer to you and those in my community.

Amen.

Heavenly Father,

Sometimes I struggle to find the words to pray, and sometimes I struggle to find the will. Give me strength to pray when I feel weak, faith to pray when I feel doubtful, and courage to pray when I feel overwhelmed.

Amen.

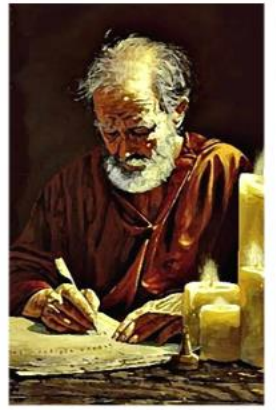
Heavenly Father,

Shape my days with prayer. Let my mornings begin with gratitude, my afternoons be guided by your wisdom and my nights rest in your presence. May prayer be something that transforms who I am.

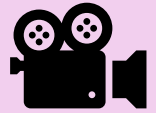
Amen

“Do not be anxious about anything, but in every situation, but prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts”

Philippians 4:6-7



[Matt Maher - The Lord's Prayer \(It's Yours\) \(Official Music Video\)](#)



[This is how you should pray. - Jesus](#)

[What A Beautiful Name \(Lyric Video\) - Hillsong Worship](#)

[Matt Maher - Lord, I Need You \(Official Lyric Video\)](#)

[Here I Am To Worship | Maranatha! Music \(Lyric Video\)](#)

