

**A Devotional Guide
Based On
The Lord's Prayer**

A Simple Way To

PRAY

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A Simple Way to Pray

The Lord's Prayer (KJV)

*Our Father which art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done in earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil:
For thine is the kingdom,
and the power, and the glory,
for ever. Amen.*

— Matthew 6:9–13

(Also, a shorter version can be found in Luke 11:2-4)



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I want to pray, but I don't know how.

Prayer can sometimes feel intimidating. Many people want to pray but aren't sure about where to start.

Over the years, I've heard a few common concerns. What should I say? Isn't it weird to talk to someone you can't see? Do I have to use formal language? What if I mess up?

When Jesus' disciples asked Him how to pray, He didn't give them complicated instructions. Instead, He gave them a simple, meaningful pattern we now call **The Lord's Prayer**.

You will find it in Matthew 6:9-13 and a shorter version in Luke 11:2-4

In this devotional guide, we will break down the structure and significance of The Lord's Prayer, exploring each component to help apply it to our everyday lives.

This prayer is not just something to recite. It's a **model** to teach us how to pray.

I don't think Jesus intended for us to repeat the prayer over and over. Instead, we should make our conversation with the Lord personal and intimate.

Bring your specific concerns, circumstances, and gratitude to the Lord. He loves you personally and cares about the details of your life.

When praying, reflection is the key. Consider each component of the prayer in relation to your current situation.

What are you thankful for? What do you need? Where have you gone wrong? What challenges do you face? Who else needs God's help? Acknowledge God's power, faithfulness, mercy, grace, and ability to meet every need.

Prayer is simply a conversation with God. It will bring peace to your life, but also brings spiritual growth, emotional stability, and a deeper sense of connection with God.

Through regular prayer, you will experience better focus, reduced anxiety, peace, and refreshing.

With that said, let's dig in.

Blessings, Teddy Levron



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1. “Our Father which art in heaven”

Prayer begins with **relationship**.

The conversation we are about to begin would not make sense unless we had a close relationship with the person we are talking to. Jesus teaches us to approach God as our *Father*, not as a distant or harsh ruler.

This reminds us that prayer is a conversation based on love and trust.

When you pray, acknowledge your relationship with God. He is your loving Father who knows you, cares for you, and wants the best for you.

Simple prayer focus:

“Father, thank You for your care and provision for me.”

Application:

Begin with a recognition of how much God has already blessed you. Be thankful for all that you have.

God is your creator. He created you in His image. He loves you and wants the best for you. Coming to Him with our needs is actually an act of worship.

To admit that we cannot provide for ourselves requires submission and trust. That is not always easy. We’ve been taught to be self-sufficient, but that goes against the grain of the relationship God wants with us.

From the beginning of your prayer time, it is important to acknowledge this fact. The next part of the prayer model will take us deeper into this idea.

Just a quick note and acknowledgment,

Some people have not had the benefit of a loving relationship with their Earthly Father. It is crucial that you not base your opinion of God on human beings.

Where people have failed, God will not!



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Faith involves Trust. Beginning your prayer time by thanking God for all He has done for you puts you in the proper mindset to trust in His faithfulness. Your own testimony proves His faithfulness.

2. “Hallowed be thy name”

To “hallow” God’s name means to honor and worship Him. Put yourself in the right mindset or position from the very beginning of your time of prayer.

I’m not talking about whether you are kneeling, sitting, or lying on your face before God. I’m talking about your mental understanding of who you are and who God is. He has authority and power. You are privileged to be given access to His presence. Before asking for anything, Jesus teaches us to recognize who God really is.

He is the creator of the universe. He is your creator. He is all-powerful, all-knowing, and can do all that we can imagine and more.

Acknowledging this keeps our prayers grounded in worship. It keeps us from seeing prayer as just a checklist of things we want or need.

Simple prayer focus:

“God, You are holy, faithful, and worthy of praise.”

Application:

At the beginning of your prayer time, spend time not only thanking God for what He has done in your life, but be intentional in Worship and Praise.

Worship and Praise are not just categories of Christian music. Worship and Praise is your genuine acknowledgement of who God is. You can sing it, say it, think it, etc. but be sure to DO IT!

It’s good to remember that we are NOT coming to God to make demands.

Instead, honoring and recognizing His character vs. ours is a definite reminder of who is in control. Fortunately for us, He is not only all-powerful, but also merciful and benevolent.



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Based on His character, we can trust that whether He answers our prayers with “Yes”, “No” or “Wait”, He is answering based on what He knows is best for us at any given time.

We can TRUST HIM because HE IS GOD!

3. “Thy kingdom come. Thy will be done in earth, as it is in heaven”

Here, Jesus shifts our focus from our own plans and ideas to aligning ourselves with God’s greater purposes. Praying for God’s will involves more than simply giving up control; it requires an intentional act of surrender. You must submit your own desires to God’s perfect plan for your life.

Surrender is not passive. It’s not resigning yourself to “whatever God wants”. Instead, it is an active expression of trust that God’s wisdom and intentions surpass human understanding and ultimately lead to what is truly good.

This part of prayer aligns our hearts with God’s desires rather than asking Him to bless everything we want.

Simple prayer focus:

“Lord, let Your will be done in my life today.”

Application:

This section is all about Submission and Obedience.

Note that we are praying for God’s will to be done here on earth the same way His will is done in heaven.

In heaven there is NO DISOBEDIENCE. There is COMPLETE SUBMISSION. Therefore, heaven is a perfect place because the PERFECT WILL of the Father is done. No tears, no suffering, no cheating, no sin, no sickness, no disease, no crime, no lack, no violence, no worry, etc. What a place!



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Here on Earth, we live in a world of compromise, disobedience, and sin. It is sometimes hard to remember that God is still in control. Trying to “fix” things or do things our way, without regard to what God wants, is not the way.

The Bible tells us that if you “Submit yourself to God, resist the devil, he will flee.” *James 4:7*

The key to overcoming evil is submitting yourself to God’s Will.

When considered through this lens, it seems ridiculous that we would choose to disobey His instruction and leading. We’ll dig deeper into this idea in another part of our study.

What do you need to surrender? Career goals? Pet projects? Relationships?

Spend some time in prayer evaluating your level of submission.

What is God asking you to do that you have put off or refused to do? What has God instructed you to stop doing that you continue to do?

Act on what God is telling you. Quit trying to do it your way. Give Him control of the pathway, timing, and results.

4. “Give us this day our daily bread”

God cares about our everyday needs. “Daily bread” represents both physical provision and spiritual nourishment. Jesus tells us to bring our needs to God—one day at a time.

This teaches us dependence, not anxiety.

Simple prayer focus:

“God, please provide what I need today.”

Application:

Get a perspective on how God has already provided the things you needed in the past.

He does not promise to provide everything you want. He does promise to provide everything you need.



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“God will supply all your need according to His riches in glory by Christ Jesus”

Philippians 4:19

Sometimes, our problem is in knowing the difference between wants and needs. We need a car, but we don't need the most expensive make and model. We need food, but we don't need a prime rib steak. When we don't get what we want, right now, we assume God is not true to His word. That is not true. We must recognize His provision. I hope you get the idea.

In other parts of scripture, the Apostle Paul reminds us to be content. Don't worry or fret. We're told that God takes care of even the sparrows. We are also reminded that we are of more value than the birds as well. If He provides for them, will He not provide for us?

Notice the way Jesus phrased this verse. He not only says Pray for daily bread, but “give us THIS DAY our daily bread”. This is a DAILY request.

Many of us who are older can get caught up in wondering or worrying about whether or not we will outlive our money. We've decided that we need a certain amount of money before we retire. We develop a false sense of security or a false sense of impending doom based on the size of our bank accounts.

We cannot predict what will happen this afternoon or tomorrow, much less what will happen years from now. But God already knows!

His provision is perfect. His timing is perfect.

In some cases, I believe His timing is designed to keep us aware of the fact that we are completely dependent on Him for all things.

Acknowledge your need. Ask for His provision. Recognize His ability and faithfulness. Live content with His provision – DAILY!

5. “And forgive us our debts, as we forgive our debtors”

“Debt” in the original language of the Bible also means “Trespases or transgression”. The idea is owing a debt we cannot repay.



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We are told to ask for God’s forgiveness for our sins, disobedience, trespasses against His instruction and will for our lives. We are also told to commit to forgive others for offences or perceived offences against us. Jesus connects these two actions because unforgiveness can, and will, hinder our relationship with God.

Prayer is a place of grace, humility, and healing.

Simple prayer focus:

“Father, forgive me—and help me forgive others.”

Application:

We have all sinned. We are told in Scripture to “Repent” or turn away from our sin.

This part of your prayer time is focused on Self-Evaluation, Repentance, and Submission.

This is a continual process that keeps us mindful of God’s mercy. Where we are weak, He is strong!

This does not give us license to sin. Willingly living a sinful lifestyle, assuming God’s mercy will be applied at some point, is not the right way.

Instead, when we sin, the Holy Spirit will convict us of our sin. It doesn’t feel good to disappoint or disobey The Father. Our response to our failure should not be to run and hide, but to come quickly to the Father to ask for forgiveness and strength to resist the temptations we face.

He does not want us to live under the guilt and shame of sin.

The devil will certainly try to discourage you from praying or asking forgiveness. He will pile on the shame and doubt to keep you from the mercy of the Father. He hates you and wants to see you destroyed.

God says, “Come to Me. I love you. There is forgiveness for those who repent and surrender.” Be quick to sincerely ask for forgiveness.

On the other hand, there is another part to the instruction that makes it somewhat conditional. “As we forgive our debtors,” or “As we forgive those who trespass against us.”



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In the Sermon on the Mount, *Matthew 5, 6, 7*, Jesus explains that if we are unwilling to forgive others, God will not forgive us. (*Matthew 6:14-15*) He also told parables to help us understand the concept. (*Matthew 18*)

Forgiveness of others is not always easy. Have you ever heard the phrase, “I can forgive, but I won’t forget”? That is not what Jesus had in mind.

Forgiving others is more for our own benefit than for the benefit of others. Holding grudges leads to bitterness and resentment. We become uncaring and lack compassion for others. Those are not the characteristics of God.

Instead, we should develop an attitude of turning the hurt over to God. Let Him deal with the situation.

Give it to God. Live in peace.

What situation or who do you need to forgive? Forgive them. Release the situation to God, then ask for your own forgiveness.

6. “And lead us not into temptation, but deliver us from evil”

Jesus tells us to pray for protection from the evil one and evil situations. Without God’s power and protection, we have no ability to resist the evil around us.

The main battlefield here is your mind.

If Satan can get you thinking wrong, he can get you doing wrong.

The fact is, we can’t rely on our own strength. Instead, we ask God to protect us, lead us wisely, and guard our minds and hearts.

Everyone faces temptation in this world. But with God’s help, the leading of the Holy Spirit, and the application of God’s Word to every situation, we are able to resist temptations when they come.

One other thought. If we do happen to fail, our Father is faithful to forgive us when we ask with a sincere heart. (See the previous section)



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He will pick us up, dust us off, and continue to love and protect us as we move forward.

Simple prayer focus:

“Lord, guide my mind and protect me today.”

Application:

I believe that Satan’s main target is our thought life, our mind. If we have not studied and filled our minds with the things of God, he is able to twist and confuse our thoughts to bring discouragement, despair, disobedience, and death.

If we dedicate ourselves to hearing the truth of God’s Word, and applying those truths to our lives, we will be better able to discern the lies and temptations we encounter along our journey through life.

Pray for protection for your mind. Pray for strength, wisdom, and guidance.

God promises us a “sound mind”. *2 Timothy 1:7*

Through obedience to God’s Word, submission to His will, we are able to resist the devil. When we are attacked, we also have opportunity to ask God for intervention and protection. We refer to this as “Spiritual Warfare”.

Prayer, fasting, study, and application of God’s Word, fellowship with other believers, all help us to resist temptations and battle against the spiritual forces that are aimed at causing us to fail.

Another part of our prayer should be for our leaders. Church leaders, political leaders, bosses, teachers, and others in authority are all susceptible to the enemy’s attacks.

We are told in scripture to “pray for those in authority over you, so you may lead a quiet and peaceful life.” *1 Timothy 2:1-4*

This is pleasing to God. His desire is that ALL be saved and come to the knowledge of the truth.

Special Note:

I’d like to add another idea.



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Part of your prayer time should be dedicated to praying for the needs of others. We refer to this as Intercessory Prayer.

Pray for those who are sick, under attack from the enemy, seeking guidance and have asked for prayer for their specific situation or needs.

Ask God for His intervention, His direction, wisdom, knowledge, and understanding on their behalf.

There is power in prayer because the one we pray to has ALL power.

It's not about begging God for His touch on the situation. It's about acknowledging that He is the only one who can provide the need. We ask. He answers. We may not always understand or agree with the answer, but we trust that He has our best interest at heart.

The scripture tells us in *Romans 8:28* – “And we know that all things work together for good to them that love God, to them who are the called according to His purpose.”

Keep a copy of prayer requests from your church and a list of others who have shared needs with you or are aware of. Bring their petitions to the Lord and trust Him for the results.

7. “For thine is the kingdom, and the power, and the glory, for ever”

Prayer ends where it began. We again acknowledge who God is and our willingness to serve and honor Him. This is a position of worship. This declaration reminds us that everything ultimately belongs to God. He has the power, the authority, and the glory. He is THE GOD of eternity.

Ending prayer this way oddly strengthens our faith and confidence in Him.

Simple prayer focus:

“All glory belongs to You, God.”

Application:

Reaffirm your trust in God. Set your mind to submit, obey, and accept His direction.



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Putting It All Together

As Jesus taught it, the model of The Lord’s Prayer gives us a simple way to pray.

You don’t have to use perfect words. Once you’ve learned to set aside regular time to spend with God, you’ll find that you are also carrying on an ongoing conversation with Him throughout the day.

If you’ve ever wondered how to pray, Jesus has already given you the answer. Start simply. Pray sincerely. And trust that your Father is listening.

Resource

On the next page is a basic outline like the one I use for organizing my prayer time. I generally fill in specific notes in each section to remind me of specific issues.

I always start at the top, but once I get past the “Thy Will Be Done” section, I often skip around as God prompts me to pray.

I also move things over to an ANSWERED PRAYER list once God has given me a specific answer to a request.

Reviewing the Answered Prayer list from time to time is a real encouragement.

I hope it helps you.

You can also download a free PDF copy of this form on our website.



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Lord's Prayer Model

Hallowed be thy name

Thankful

Worship

Praise

Thy kingdom come, thy will be done

Submission and Obedience – What do I need to surrender to God? Projects? Career Goals? Relationships? Health? Other? Anything I need direction or guidance for.

Give us this day our daily bread

Finances, Resources, etc.

Forgive our debts, trespasses

Self Evaluation

Repentance

Submission

As we forgive those who trespass against us (our debtors)

Give it to God

Lead us not into temptation

Protection for my mind

Strength, Wisdom, Guidance

Deliver us from evil

Spiritual Warfare

Pray for our leaders

Family Needs - List Needs of others – List