

## 6-Days with the Lord's Prayer

MATTHEW 6:9-13

We all "know" prayer is important, but like drinking enough water everyday, often we just don't do it. This is a guideline for 6 days of prayer and reflection based on the Bible. If possible, we encourage you to do it with family or a friend, if not, do it anyway, just you and God. Prayer is simply talking and listening to God but it's so vital that even Jesus, God-the-Son, prayed; and he prayed a lot! When his disciples asked him how to pray the words in gold were his reply. Remember this is a guide, feel free to modify it for your family. May this encourage you and your family to spend time with God everyday.

### DAY 1

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**LISTEN:** Holy by Matt Redman – <https://youtu.be/nQ8MFn4yikA>

**READ:** Exodus 33:18-23, 34:29-35

Isn't this story amazing! God is ALL-POWERFUL, yet he is also ALL GOOD. He's master of the universe, yet he cares about *every* detail of our lives. He truly deserves our honour and respect in everything we do, say, think and feel.

**DISCUSSION:**

How do we know we're God's children? (Romans 8:14-17a)

Where is God's throne? (Isaiah 66:1-2)

How can we honour and respect God? (Exodus 20:7, Ephesians 5:1-5, 4:1-3)

**ACTION:**

Pray together. Thank God for his goodness and ask for his wisdom and courage to live in a way that honours him.

### DAY 2

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**READ:** Luke 13:18-20, 17:6, 1 Corinthians 4:20

**DISCUSSION:**

What is God's Kingdom made of? (Mark 4:30-32, Matthew 17:20)

How does his kingdom come to earth? (Matthew 10:7-8; 22:37-38)

What should our attitude be about the kingdom of God? (Matthew 6:33)

How can we do God's will on earth? (Micah 6:8, John 13:34-35)

**ACTION:**

Pray together. Ask God to help you do his will on earth. Ask him to show you someone to send a note of encouragement to or do something kind for. Do it today.

### DAY 3

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**READ:** John 6:32-35, 47-51

The Bible uses bread to represent (symbolize) many different things.

**DISCUSSION:**

Write down the meanings for bread found in these verses:

Deuteronomy 8:3 \_\_\_\_\_

John 6:32-35, 47-51 \_\_\_\_\_

Matthew 26:26 \_\_\_\_\_

Matthew 14: 19-20 \_\_\_\_\_

1 Corinthians 10:16-17 \_\_\_\_\_

1 Corinthians 12:14-27 \_\_\_\_\_

One of the best ways we can remain in God's presence, understand his will, and live right is to read the Bible, every day.

**ACTION:**

Pray together, thank God for giving us *everything* we need for *this* day. Pick a time each day that you will pray and read the Bible, together or individually. Write it on the calendar. It might change each week but make it a priority.

**OUR FATHER**  
**WHO LIVES IN HEAVEN**  
**HOLY**  
**IS YOUR NAME**

**YOUR KINGDOM COME**  
**YOUR WILL BE DONE**  
**ON EARTH**  
**AS IN HEAVEN**

**GIVE US TODAY**  
**OUR DAILY**  
**BREAD**

## DAY 4

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**READ:** Ephesians 4:26-27, 31-32

Did you know that not forgiving someone hurts you more than the other person? In fact, it affects your soul and your physical body. Today medical science is catching up with what God has told us for centuries!

Check this out from Hopkins Medicine:

Chronic anger puts you into a fight-or-flight mode, which results in numerous changes in heart rate, blood pressure and immune response. Those changes, then, increase the risk of depression, heart disease and diabetes, among other conditions. Forgiveness, however, calms stress levels, leading to improved health.

(Source: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/forgiveness-your-health-depends-on-it>)

Forgiveness doesn't mean what the other person may have done is ok - it means you don't carry the weight of it anymore. (Psalm 55:22-23, Psalm 81:6) Sometimes we also need to forgive ourselves. Telling our sins to God helps us stay humble and acknowledges where our best help comes from – the One who created us.

### DISCUSSION:

How are we supposed to treat one another? (Colossians 3:12-15)

What happens if we don't forgive? (Matthew 6:14-15)

**ACTION:** Take time quietly to talk to God about anyone you need to forgive, including yourself. Take communion together as a family. <https://www.christfellowship.church/articles/how-to-lead-communion-in-your-home>

## DAY 5

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**READ:** John 10:10, 1 Peter 5:8-9

Who is the thief?

What is the difference between the devil's and God's intentions for your life?

### DISCUSSION:

Who will help us? (Joshua 1:9, 1 Corinthians 10:13, 2 Timothy 1:7)

How can we stand firm? (Matthew 26:41, Ephesians 6:10-18)

What does each part of armour represent?

BELT: \_\_\_\_\_

BREASTPLATE: \_\_\_\_\_

SHOES: \_\_\_\_\_

SHIELD: \_\_\_\_\_

HELMET: \_\_\_\_\_

SWORD: \_\_\_\_\_

What weapon are we supposed to use all the time? (hint v. 18) \_\_\_\_\_

**ACTION:** Pray that God will open your hearts and minds to understand the Bible and ask for his help so that you will stand strong against the devil's schemes. Memorize a verse this week.

## DAY 6

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**LISTEN:** Yesterday, Today and Forever by Vicky Beeching

<https://www.youtube.com/watch?v=YgUiWJ2Dv5c>

**READ:** 1 Chronicles 16:8-9, Psalm 107:1, Matthew 24:35, 1 John 2:17, Revelation 5:8-14

**ACTION:** Pray. Give thanks to God for all he has done, is doing and will do.

Write a note or draw a picture of three things that you are thankful to God for. Put them in a pretty bowl on the table for Sunday.

**LISTEN:** The Blessing by Kari Jobe, Cody Carnes & Elevation Worship

<https://www.youtube.com/watch?v=Zp6aygmVzM4>

Hymn Medley by Chandler Moore and Maverick City

[https://www.youtube.com/watch?v=fwYD1\\_3FdZI](https://www.youtube.com/watch?v=fwYD1_3FdZI)

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FORGIVE US

OUR SINS

AS WE

FORGIVE

OTHERS

LEAD US

NOT INTO

TEMPTATION

BUT

DELIVER US

FROM THE EVIL ONE

FOR YOURS IS THE KINGDOM,

THE POWER,

& THE GLORY

FOREVER

AND EVER

AMEN