

# The Model Prayer as a Prayer Guide

Read [Matthew 6:9-13](#)

We have learned that praying the Model Prayer should not be an empty ritual, in which the words are repeated over and over again in an effort to earn God's favor. Jesus said this in his introduction to the Model Prayer: *"And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words"* ([Matthew 6:7](#)). The Model Prayer was given as a guide to prayer—to show us *what* to pray about, and *how* to pray about it.

One way we can use the Model Prayer as a guide is by letting it serve as a framework for our prayer. What I mean is, we don't pray the lines of the prayer mindlessly over and over again; rather, we pray one line of the prayer thoughtfully, and allow it to be a springboard to more prayer along that topic. Then we move on to another line of the prayer.

Let me show you what I mean:

First, find a private meeting place with God, obeying Jesus' instructions in his introduction to the prayer:

*But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.*

[MATTHEW 6:6](#)

Go to your private meeting place, knowing that Almighty God Himself notices and responds—He will reward you for it!

Then begin to pray the individual lines of the prayer, using them as introductions to more conversation with God about that topic:

*"Our Father in heaven, hallowed be your name"*

[MATTHEW 6:9](#)

Pray this line, then spend more time worshiping God as your heart feels led. Thank Him for being your Father, loving you, and taking care of you. Acknowledge His holiness. Praise Him for His beauty and awesome power.

*"your kingdom come, your will be done on earth as it is in heaven."*

[MATTHEW 6:10](#)

Spend time asking God to bring the power of His kingdom to earth—to change things that need changing.

*“Give us today our daily bread.”*

[MATTHEW 6:11](#)

What needs do you have? Ask Him to meet them.

*“Forgive us our debts”*

[MATTHEW 6:12](#)

Confess your sins to Him, and accept His forgiveness—see [1 John 1:9](#).

*“as we also have forgiven our debtors.”*

[MATTHEW 6:12](#)

In prayer, forgive those who have hurt you. Pray for them, and let it go!

*“And lead us not into temptation”*

[MATTHEW 6:13](#)

Do you need guidance in some situation? Ask God for it.

*“but deliver us from the evil one.*

[MATTHEW 6:13](#)

Ask God to give you victory in the troubles you’re facing.

*“for yours is the kingdom and the power and the glory forever. Amen.”*

[MATTHEW 6:13](#)

Get up from prayer with more praise in your heart.

As you enter the world again, keep in mind the truths of God’s kingdom (He is in charge), power (He has all the power you need), and glory (He is the One you should live to please).

If you use the Model Prayer as a Prayer Guide like this, you will probably find:

1) It will help you concentrate. A wandering mind is one of the biggest obstacles to prayer. Using the Model Prayer as a framework for your prayer time will help you stay focused.

2) You will probably have a hard time getting through the whole prayer! Jesus’ words are anointed. As you let them guide you, you will probably find your heart overflowing with inspired prayer.

But who says you have to “**get through**” the prayer? When you come to prayer again, just pick up where you left off. Or, better yet, take the prayer with you in your heart throughout the day and “*Pray without ceasing.*” ([1 Thess 5:17, KJV](#))

3) Your prayer life will be well-rounded. Left to ourselves, we can get in a prayer rut, praying about and focusing on the same things. Praying the lines of the Model Prayer, focusing on their various topics, will stretch us.