

# SERMON NOTES

January 21 & 22, 2023

## Own It: My Prayer life

Matthew 6:5-13 | January 21-22, 2023

1. \_\_\_\_\_ is to Pray.

2. Barriers:

**Matthew 6:5-8**

a. My \_\_\_\_\_

b. God is \_\_\_\_\_

c. \_\_\_\_\_ is Happening

d. Seems \_\_\_\_\_

3. The Lord's Prayer:

**Matthew 6:9-13**

"Our Father ...."

"Our Father in heaven....."

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

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

"Give us today our daily bread."

"Forgive us our debts,....."

"Forgive us our debts, as we also have forgiven our debtors."

"And lead us not into temptation, but deliver us from the evil one."

"For yours is the kingdom and the power and the glory forever, amen."

# Life Steps

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## The Lords Prayer

"Our Father who art in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. Lead us not into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory forever, Amen... Be still and quiet for a few more seconds before diving in or resuming your day.

### Monday

**Matthew 6:5-8**

**Reflect:** What is the most difficult for you when it comes to prayer? What is the same and what is different between your usual prayers and The Lord's Prayer?

**Prayer:** Allow time for quiet reflection, then slowly pray the lords prayer. (above)

### Tuesday

**Matthew 6:9**

**Reflect:** To you, what is the meaning of the phrase "Our Father, in heaven?" How true is it for your life and what is your personal application?

**Prayer:** Allow time for quiet reflection, then slowly pray the lords prayer. (above)

### Wednesday

**Matthew 6:9**

**Reflect:** To you, what is the meaning of the phrase "Hallowed be your name?" How true is it for your life and what is your personal application?

**Prayer:** Allow time for quiet reflection, then slowly pray the lords prayer. (above)

### Thursday

**Matthew 6:10**

**Reflect:** To you, what is the meaning of the phrase "Your kingdom come, your will be done on earth as it is in heaven?" How true is it for your life and what is your personal application?

**Prayer:** Allow time for quiet reflection, then slowly pray the lords prayer. (above)

### Friday

**Matthew 6:11**

**Reflect:** To you, what is the meaning of the phrase "Give us this day our daily bread?" How true is it for your life and what is your personal application?

**Prayer:** Allow time for quiet reflection, then slowly pray the lords prayer. (above)

### Saturday

**Matthew 6:12**

**Reflect:** To you, what is the meaning of the phrase "Forgive us our debts, as we have forgiven our debtors?" How true is it for your life and what is your personal application?

**Prayer:** Allow time for quiet reflection, then slowly pray the lords prayer. (above)

### Sunday

**Matthew 6:13**

**Reflect:** To you, what is the meaning of the phrase "Lead us not into temptation, but deliver us from evil?" How true is it for your life and what is your personal application?

**Prayer:** Allow time for quiet reflection, then slowly pray the lords prayer. (above)