

Bible Walk Out



The Lord's Prayer - Ways to Pray this Prayer, Daily

Let's pray together for the circuit - its people, the church communities and all who live within our circuit: whether they are joining us for worship or not; whether we know them or not; whether they are like us or not; whether we like them or not. Here are some suggestions and ideas which you may find helpful. Some may be helpful if you are physically walking as you pray. Others lend themselves to taking a virtual or 'at home' walk. All are spiritual journeys. Choose what is most helpful to you.

- ❖ Try memorising the words - or you may already know them - and pray them each day emphasising a different line.
When you know it well, try rephrasing and personalising each line to relate to your life.
- ❖ The Lord's Prayer is a powerful way to structure daily prayer - use its themes to
 - worship God.
 - intercede for the world.
 - petition Him with your needs.
 - ask for forgiveness and forgive others.
 - and to pray for self-control and protection.
- ❖ Pray the Lord's Prayer at a particular time each day.
 - People across the globe set their alarms for midday. Wherever they are, whatever they're doing, they commit to pause and pray this famous and ancient prayer.
 - Sometimes when your alarm goes off it's inconvenient. In many ways that's the whole point, we want our busyness to be rudely and regularly interrupted by a reminder of our deepest priorities.
 - As part of Jewish tradition Jesus would have paused at least three times a day to pray to his Father in Heaven. A rhythm like this can put you in some interesting situations. When that alarm goes off in a work meeting or in the middle of class lesson, saying the prayer becomes a challenge.
 - Try praying the Lord's Prayer every day throughout Lent and see how the themes and words grow in depth and meaning.
 - The aim is that during each day of Lent, throughout the day people across the circuit are praying the Lord's Prayer. While one person rests or is busy, another is calling God's Kingdom to earth.
- ❖ Written reflections and prayers
 - you will need something to write on and something to write with
 - think about the meaning of the different parts of the Lord's prayer.
 - write down after each section any words, images or prayers that come to mind

Our Father in heaven, Hallowed be your name. - (prayers of praise and thanks to God)

Your Kingdom come, your will be done, on earth as it is in heaven. - (pray for a situation that needs God's reign)

Give us today our daily bread, - (pray for a person or group of people in need)

And forgive us our sins, as we forgive those who sin against us. - (pray for situations of conflict)

Save us from a time of trial and deliver us from evil. - (pray for God's justice)

The Kingdom, and the power, and the glory, are yours now and forever, Amen.

- Pray the full Lord's Prayer again at the end.

❖ The Lord's Prayer can provide a means of guiding your thoughts as you pray

Our Father in heaven, hallowed be your name:

Praise God for who he is, the creator of the world and all in it. The creator of you and me, people he couldn't love any more than he does.

Your kingdom come:

Pray about what this will and does look like and how we individually, as church, as community, as world have a part to play in being part of God's kingdom and someone who promotes God's kingdom.

Your will be done on earth as in heaven:

Ask or wonder how and what we can do. The Bible speaks lots about justice, fairness and love. Are these clues to God's lifestyle plan?

Give us today our daily bread:

Thank God for his provision. Pray for those who have more than they need and those who don't have enough. Pray for fairness and a more equal distribution of God's provision.

Forgive us our sins as we forgive those who sin against us:

We get things wrong, we let God down. Offer our shortcomings to God and ask forgiveness. As church, community, world we get things wrong. Pray on behalf of our church and circuit for the hurt and pain we may have caused and ask for forgiveness.

Save us from the time of trial and deliver us from evil:

Pray for help in our decision making, strength to stand firm when things get tough. Help to develop a closer relationship with God to know more instinctively the choices to make, the words and actions that benefit us all

For the kingdom, the power and the glory are yours, now and forever:

Reaffirm our love and commitment to God, glorified in earth and heaven. Look anew to seek God first and last and middle in all we do.

- ❖ You may also have your own ideas for praying the Lord's prayer - please feel free to use them and to share them with others.

