The Lord’s Pattern for Prayer: “Teach Me To Pray, Lord” sermon series #7 Handout

Many people find it difficult to pray regularly and often, but there are ways to make praying less challenging. Never give up wanting to talk with the Lord. However, when we do pray, having a plan or outline for prayer can make it so much easier to pray with much less distraction.

Psalm 141:1-2 NIV

I call to you, Lord, come quickly to me;  
    hear me when I call to you.  
**2**May my prayer be set before you like incense;  
    may the lifting up of my hands be like the evening sacrifice.

Prayer rises to heaven like smoke from incense rises upward.

Pleasing aromas are mentioned often in Scripture. The burnt offerings for atonement of sin were said to be a pleasing aroma to God.

1 Corinthians 2:14-16 ESV

4But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere. 15For we are the aroma of Christ to God among those who are being saved and among those who are perishing, 16to one a fragrance from death to death, to the other a fragrance from life to life.  Who is sufficient for these things?

Psalm 141:3-5 NIV

**3**Set a guard over my mouth, Lord;  
    keep watch over the door of my lips.  
**4**Do not let my heart be drawn to what is evil  
    so that I take part in wicked deeds  
along with those who are evildoers;  
    do not let me eat their delicacies.

**5**Let a righteous man strike me—that is a kindness;  
    let him rebuke me—that is oil on my head.  
My head will not refuse it,  
    for my prayer will still be against the deeds of evildoers.

Correction and accountability are a blessing. How we receive godly correction can tell us a lot about whether we delight in the Lord or not.

Matthew 6:9-14 NIV

**9**“This, then, is how you should pray:

“‘Our Father in heaven,  
hallowed be your name,  
**10**your kingdom come,  
your will be done,  
    on earth as it is in heaven.  
**11**Give us today our daily bread.  
**12**And forgive us our debts,  
    as we also have forgiven our debtors.  
**13**And lead us not into temptation,[[a](https://www.biblegateway.com/passage/?search=Matthew%206&version=NIV#fen-NIV-23296a)]  
    but deliver us from the evil one.[[b](https://www.biblegateway.com/passage/?search=Matthew%206&version=NIV#fen-NIV-23296b)]’

**14**For if you forgive other people when they sin against you, your heavenly Father will also forgive you. **15**But if you do not forgive others their sins, your Father will not forgive yours.

The rabbis in Jesus’ day taught people ‘index praying’. The rabbis would provide the points for prayer, like an index, and the people would fill in the substance—their own prayers.

1. Our Father in heaven, hallowed be your name. Worshiping and Adoration of the Father:

2. Your kingdom come. God’s kingdom:

3. Thy will be done, on earth as it is in heaven. God’s will/guidance.

4. Give us this day our daily bread. Our daily needs.

5. Forgive us our trespasses as we forgive those who trespass against us. Forgiveness/relationships.

6. Lead us not into temptation and deliver us from the evil one. Spiritual warfare.

7. For yours is the kingdom: in this we do well to surrender our plans while simultaneously asking God to direct our every step to be in alignment with kingdom priorities.

8. And the power: It is proper for us to remember that without God we can do nothing.

9. And the glory: In order that we not fall into pride or idolatry we must ascribe to God all glory, honor, and praise.

10. Forever and ever, Amen.: God is eternal, His plans endure. Nothing will stop God’s will from coming to pass.

To apply this, you could make an index card with the Lord’s Prayer as indicators of subject sections for orderly and comprehensive prayer. With such an index, if you get lost or distracted, come back to the outline, and go from there. If you gave but three minutes to each of the ten indices, you could pray half an hour a day. Give it a try and God will be pleased with your efforts and will bless your soul.