

# DAY 33 PRAY



## Luke 11:1

*"One day, Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."*

I remember hearing a definition of prayer in college that stopped me in my tracks, probably because it was so, so basic: "Prayer is simply talking with God." I thought that was great-. I totally get it now! That understanding gave me the freedom & permission to be myself with God- to tell Him anything and everything. And I can still do that- you can, too. But I've got to tell you, my relationship with God got pretty one-sided- I did all the talking! I eventually began to discover that prayer is more than talking to God- it's about communication with God- it includes talking, for sure- but it's listening, too. Over many years of talking and listening to God,

I'm learning that prayer is a lot more than a button to be pushed; it's a relationship to be pursued.

Our verse today gives us a picture of how the word 'pray' became a lot more than a button to the disciples. Luke 11.1 says: "One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."

How refreshing that must have been for Jesus to hear! "Lord, we want to pray like you do- would you teach us? We want to pray like that too. We want to be close to God the Father, just like you are." And He gets right to it: He said to them, "When you pray, say:

*"Father, hallowed be your name, your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves also forgive everyone who is indebted to us. And lead us not into temptation."*

These aren't magic words, but they're full of instruction from Jesus himself on how we can learn to communicate with God. What I'd like to do is to walk us through his instructions to us about how to pray: (privately and corporately)

**Father, hallowed be your name:** As you read these words, maybe you could express in your own words, something like "Yes Father, it is my heart's desire that your name would be revered for who you are: my God, our God- our Creator, the Holy One who, in your great mercy, gave your only Son to save us from our sins." Take the time to express your prayer to Him.

**May your kingdom come:** I know that Jesus is reigning right now with authority over all things, and yet we still experience so much brokenness here on earth. Father, bring your Kingdom in greater measure today, beginning in my own heart and pouring out to my home, community, city, nation, and to the ends of the earth. Remember, He receives our heartfelt laments.

**Give us each day our daily bread:** Father, I like my luxuries. Help me to be content and thankful for the ways you provide for every need I have. Give Him thanks for how He's met your needs.

**We ourselves also forgive everyone who is indebted to us.** Father, I want to forgive others as generously as you forgive me- and right now, I don't. Would you help me? Allow Jesus to show you anyone whom you need to forgive.

**And lead us not into temptation:** I love how Liz led us yesterday with this word when she asked us to consider "re-framing" temptation: Something that Jesus offers us as an opportunity to connect with Him in a deeper way? An opportunity for greater dependency on Him, to experience more of His healing Light?

Why would Jesus instruct us to pray like this? He didn't just provide some words for his disciples and for us who don't have anything else to say to God. Rather, the Lord's Prayer is meant to have a total, shaping effect on our hearts, helping us to see and long for the very things that God himself desires-- more than anything, to see and experience more of God himself in our hearts and lives.

Father, help us to enter into these words of prayer you taught us- help us to live into them, to meditate on them, and to speak them. Let these words have a wonderfully shaping effect on our hearts. Amen

### Daily Practice

Take the time to meditate on the Lord's Prayer today. Slowly and often, recite each line and consider its meaning for your life.

The below reflections are written by congregants & staff of CPC. All reflections are following Trevor Hudson's book Pauses for Lent and are both heavily influenced and borrowed from his work. Any quotes without attribution should be credited to him.