



**The Lord's Prayer | Guided Prayer Script
by Carolyn Vanderheide**

The following is a prayer Carolyn wrote and prayed during one of her Guided Prayer weeks. Feel free to use this as a guide for your own guided prayers. You may also use this guided prayer with your own group.

[Any instructions for leaders are enclosed in these brackets.]

-----prayer begins below-----
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Here are some things to note about the Lord's Prayer:

- Jesus' disciples asked him to teach them how to pray – they did not ask him how to do anything else – they could see that all of Jesus actions flowed out of his relationship with God, whom he called 'Father.'
- Notice how the first part of the prayer is addressed to “our heavenly Father” and the last part focused on our needs (essentials for survival, forgiveness and protection) – Jesus is showing us how to prioritize not only our prayers but our lives – Seek God first, then everything else you need will be given.
- The center of the prayer is “on earth as it is in heaven” – Jesus is knitting together heaven and earth: In heaven the Father's name is hallowed, in heaven the Father is King, in heaven the Father's will is done...When we pray the Lord's prayer, we are in fact inviting the reality of heaven to enter our everyday lives.

Over the next few minutes we are going to let the Lord's Prayer help us to pray,

I will read it a line at a time,
Give a short meditation,
Then give you some space for you to reflect on your own

So get comfortable,
Take a few deep breaths,
And let's begin

“Our Father in Heaven”

We acknowledge you as our loving Father,
We acknowledge your presence here with us

Our Father,
We are your children,
We are many other things,
 But we are your children
You created us for yourself,
And you have called us into relationship with yourself through Jesus,

Father, we belong to you,
And you belong to us

Take a moment to be still and silent before Him...(pause for 10 seconds)

“Hallowed Be Your Name”

Let your name be set apart as sacred and holy,
Let us, and all within our circles of influence know you as Father

Take a moment to bring before Him your family
 It might be helpful for you to name them out loud
 (pause for 10 seconds)

Take a moment to bring before Him those who are heavy on your heart
 It could be a friends who are working on the front lines, or a neighbour, or a sick relative
 (pause for 10 seconds)

Now take a moment to bring your whole self before Him (pause for 10 seconds)

Father, we lay our loved ones, each other, and ourselves at your feet...

Father, Let Your Kingdom Come, Let Your Will Be Done On Earth as it is in heaven.

Father, we acknowledge that your ways are perfect,
 We believe that you have sent your Son into the world,
 To make things right,
 Help us to trust you this day with all that we need to do
 We invite you into homes, (other rooms where you may study, sleep,
work...)

Fill us with your love, joy, peace, patience, kindness, goodness,
faithfulness and self control...

How do you long to see the kingdom of God breaking into your life? (pause for 10 seconds)

In what area of your life do you need healing? (pause for 10 seconds)

What do you feel God is asking you to let go of in order to see his kingdom come more fully in your life?
(pause for 10 seconds)

Father, we lay our desires and our will before you,
And give you permission to line up all that we think, say and do with your will

Father, Give us this day our daily bread:

You know all our needs before we even ask them,
But you tell us to ask, so that we would receive,
And so we take a moment to ask for our needs and the needs of others...
(pause for 20 seconds)

Father, Forgive us our debts as we forgive those who are indebted to us:

Take a moment and bring before the Lord anyone that you are trying to forgive
(pause for 10 seconds)

Father, help us see the massive debt that you have paid on our behalf through the death of your Son,
compared to the small debt that others owe us.

Help us see the plank in our own eye, compared to the speck in other people's eyes,

Father, We praise you for forgiving us,
Empower us to be forgiving.

And Father, Lead us not into temptation, but deliver us from the evil one.

Take a moment to bring before the Lord an area of your life that you need protection
(pause for 10 seconds)

Father you know the power of darkness in our lives,
And how susceptible we are to following voices in our minds that cause us to despair,
And the many temptations we face each day,

We speak freedom over our families, and our church and our community,
Free us from negativity,
Free us from being bitter and judgmental,
Free us from selfishness,
And free us from fear.

Free us from the lies we may believe about ourselves
- Unloved, unseen, unheard

God loves you, He sees you and He hears you

Father, help us to be attentive to your presence this day,
We seek you first,
We trust you,
Be real to us,
We ask all these things in the name of Jesus Christ
Amen.