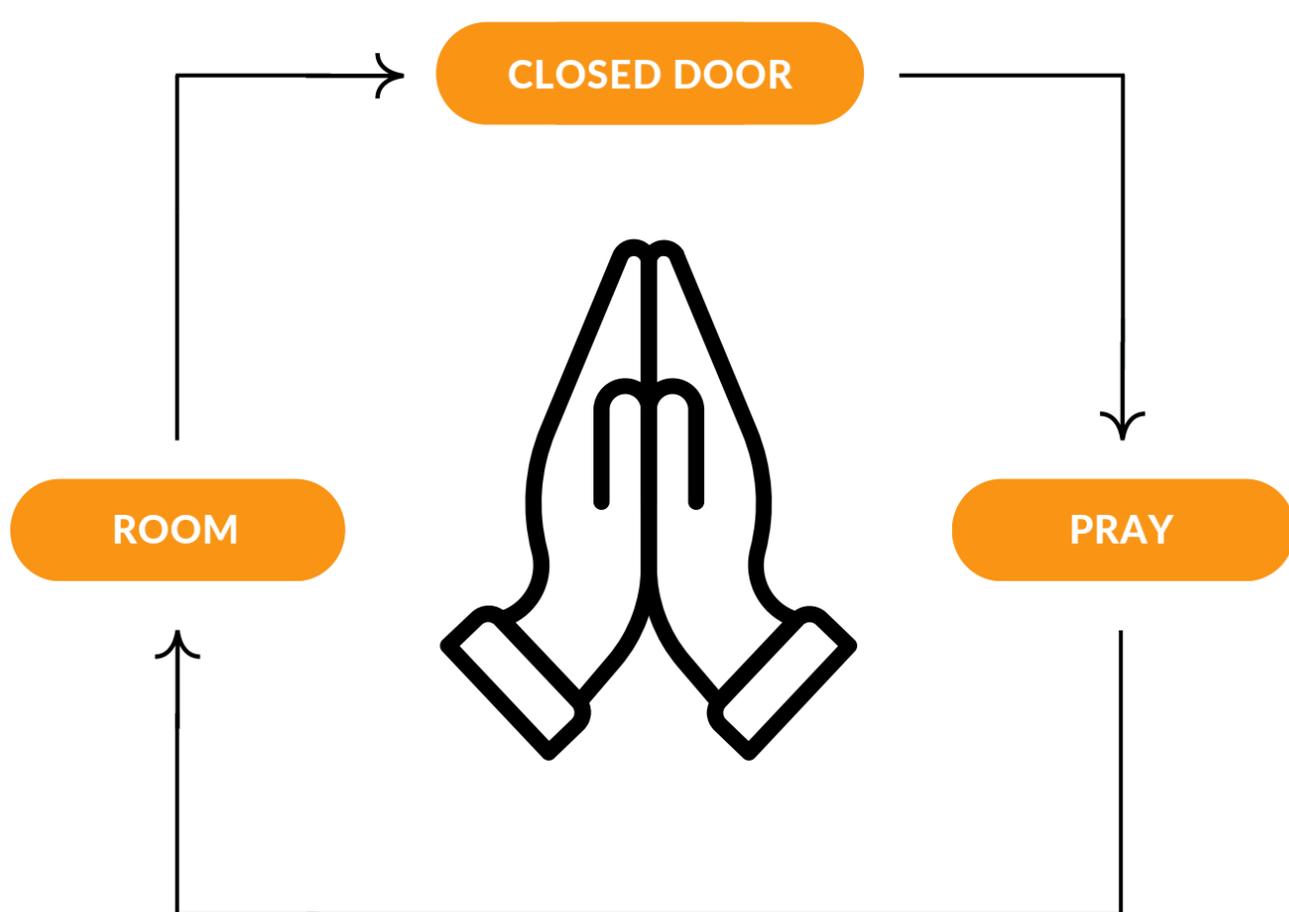


# WHEN YOU PRAY

LIFE HACKS

## JESUS TEACHES ON PRAYER IN MATTHEW 6

'But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.'



'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. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'

## PRAYING SCRIPTURE

The early church was taught to pray the scriptures. Since the Bible is God-breathed, they believed that praying scripture deeply connected them to the mind and heart of God. Praying scripture is a way of entering deeply into the text with a heart alert to a unique and personal word from God.

1. Use the Lord's Prayer as a framework for your prayer.
2. Use Psalm 139 to pray aloud. Pause after each verse substituting your own name for the pronouns "me" and "I."
3. Pray one of Paul's prayers for the church: Ephesians 1:15-21 and/or Philippians 1:3-6;9.
4. Pray Jesus' prayer for the church in John 17.
5. Sing God's Word. There are many hymns written directly from scripture. You can also make up a tune to a scripture you are interacting with.
6. Is there a story in scripture that reminds you of your life or situation in life? Go to that story, read it and meditate on it. Speak to God the thoughts and feelings from this time in scripture.
7. Find any Psalm and pray it aloud.