

PRAYING THE LORD'S PRAYER

HOW WE GROW: INVITATION FOR THE WEEK

In the Sermon on the Mount, Jesus teaches us how to pray. This week, during your prayer time, try using the Lord's Prayer as a model for you. Remember to be intentional about choosing a place and a time to pray. This prayer practice is also available as a guided prayer video at www.mayfair.org/spiritualdisciplines. At least once this week, practice the discipline of prayer in the context of a community.

1. "Our Father in heaven, hallowed be your name." Let's take a moment to share with God those things (character traits, attributes) that you adore about God. Thank God for those attributes and actions.
2. "Your kingdom come, your will be done, on earth as it is in heaven." What are some ways in which you can partner with God for his mission. At school? At the ball park? With your family? At dance class? Pray about those opportunities.
3. "Give us this day our daily bread." Spend some time thinking and praying about those things that we need and those things that the people closest to us need.
4. "Forgive us our debts, as we also have forgiven our debtors." Let's spend some time in confession, as well as thinking of those who we may not have forgiven in our lives.
5. "And lead us not into temptation, but deliver us from the evil one." Spend some time thinking about the ways that Satan tries to tempt you at school and at home, and pray that God will keep you away from those temptations. Pray that you can get through them!
6. "For yours is the kingdom and the power and the glory forever." Finally, close by remembering the ways that you have seen God's kingdom and power at work in your life throughout the day. Try to be specific. Thank him for those moments.

PRAYING THE PSALMS

HOW WE GROW: INVITATION FOR THE WEEK

The Psalms can be an excellent way to enrich our prayer lives and in many ways, is like a prayer book. During your prayer time this week, choose a psalm to pray through. Allow the psalmist's words to become your own. At least once this week, practice the discipline of prayer in the context of a community (with your spouse, family, roommates, small group, or group of friends).

1. To begin your day with God: Psalm 5, 19, 20, 23, 25
2. When you are sad: Psalm 13, 22, 42, 77
3. When you are in distress: Psalm 57, 60, 6
4. When you are scared: Psalm 27
5. When you are hurt: Psalm 10
6. When you ache for more of God: Psalm 63, 84
7. When you want to repent: Psalm 51
8. When you are grateful: Psalm 9, 103
9. When you want to worship: Psalm 8, 148-150