

# SUMMER DEVOTIONAL REFLECTION GUIDE

## PRAYER: THE LORD'S PRAYER

One day when Jesus was praying, his disciples asked him, "Lord, teach us to pray" (Luke 11:1). Jesus' response is called The Lord's Prayer. As we invest our summer in cultivating a regular practice of prayer, there's no better place to start. Jesus' intention with The Lord's Prayer was that it would serve as a guide for his followers as we pray. One way to incorporate this prayer into our own prayers is to pray each line of the prayer, personalizing each line with our own prayers. Oftentimes when we pray we focus on our most immediate and pressing needs, which isn't wrong—God wants to hear what's on our heart. But following Jesus' model prayer helps us expand our prayers to pray in line with how Jesus prayed.

### PRACTICE

Using the template below, spend 20-30 minutes of personal, undistracted time praying to God:

"Our Father in heaven,"	The opening address reminds us of God's "otherness" and his nearness. God is <i>in heaven</i> —he is holy and all-powerful. God is also <i>Father</i> —he welcomes us with the intimacy a father welcomes a child. Begin your prayer reflecting on these twin realities.
"hallowed be your name."	To "hallow" means to set aside as holy. Praise God for his holiness which enables the forgiveness and strength he can give to his children, and thank him for the good gifts in your life.
"Your kingdom come, your will be done, on earth as it is in heaven."	Spend a few minutes praying for God's kingdom to come and will to be done in your life and in others' lives. Pray for God's kingdom to come and will to be done in situations where they are absent.
"Give us this day our daily bread."	Take a moment to pray for your own needs, the needs of your family and friends, as well as those of our church.
"Forgive us our debts, as we also have forgiven our debtors."	Spend time thinking of areas of sin and asking God's forgiveness, and ask God to help you forgive others. You may want to pray, "Father, forgive me..." or "Father, help me forgive..."
"And lead us not into temptation, but deliver us from evil."	Finally, pray for the Father's strength for the temptations, trials, and troubles you are facing. Pray for God's protection and presence in your life and in the lives of others walking through difficulty.
For yours is the kingdom and the power and the glory forever and ever. Amen.	Although this last line is not part of Jesus' original prayer, Christians throughout history have often used it to close the Lord's Prayer. Pray this line remembering who God is and that he goes with you as you close your time in prayer.

For previous week's guides, go to [redemptionokc.com/summerdevotions](http://redemptionokc.com/summerdevotions).



## **REFLECTION QUESTIONS**

### **PSALM 121 | THE LORD OUR KEEPER**

#### **LEARNING THE WORD**

1. Each week this summer, our Reflection Guide will include a spiritual practice for you to engage in during your personal devotional time. Begin this week by reflecting on last week's practice. Did you regularly spend 20-30 minutes of personal, undistracted time with the Lord? How did it go?
2. After reflecting on last week's practice, read page one of this Reflection Guide. After reading, consider the following questions: Have you ever prayed using the Lord's Prayer as a model? What stands out to you from Jesus' prayer?
3. Read Psalm 124 aloud. Do you resonate with David's experience in this Psalm—both in the difficulty faced and the nearness of God though it all? Why or why not?
4. The last verse of Psalm 124 proclaims, "Our help is in the name of the Lord, who made heaven and earth." How should our trust in God be affected by knowing that he is the Creator of all things?

#### **LIVING THE WORD**

5. Do you naturally turn towards or away from God in times of difficulty or doubt? Do you find it hard to bring your questions, doubts, and pain to God?
6. How do your past experiences of God's faithfulness in the midst of the storms of life give you confidence that the Lord will be your helper through whatever you face in life?
7. In Jesus, we have a God who knows our pain and suffering because he has experienced those things himself. How does it comfort or encourage you to know that God knows what it's like to walk through the most difficult circumstances you have faced, are facing, and will face?

Practice this week: Pick a time in your day to spend 20-30 minutes of personal, undistracted time with God. Use the template on the front of the Reflection Guide to model your prayers on Jesus' prayer. During your time, bring the difficult situations you are facing and the doubts you have to God in prayer.