

The Lord's Prayer is how Jesus himself teaches us not what to pray, but how to pray. It is recorded in both Matthew 6 and Luke 11. Below is a helpful way to use this prayer based on the writing of Martin Luther.

1. Pray through the prayer once, as recorded in Matthew 6:9-13.
2. Go back through the prayer and pray each petition individually, expanding on each one as you go. For example, after praying, "Hallowed be your name," you could continue to pray, "Yes, Father, it is our great desire that your name would be feared and revered for who you are. I ask that you would be glorified and honoured in my life, in our church, in our community..."

Each line helps shape your prayer in a way that this is God-focused, eternally driven and relevant to today.

"But I want the heart to become excited about what kind of thoughts lay in the Lord's Prayer. Such thoughts the heart can, if it's properly aroused and inclined to pray, express in many other ways, either briefly or at length. For I do not bind myself to use the same expressions, but rather, today in one way, tomorrow in another, just as my heart is warmed and inclined to pray. But I do stay as close as possible to the thoughts and content. It happens often that in my meditation I come across such rich thoughts that I disregard the other six petitions. When such a wealth of ideas comes, one should forego other petitions and make room for such thoughts, listen silently, and certainly not hinder them from coming. Under these conditions the Holy Spirit is preaching, and in his sermon one word is better than a thousand in our prayer. I have learned much more from this kind of listening than I could have from much reading and reflection." (Martin Luther)

THE LORD'S PRAYER