



Teach Us How To Pray
Jackson Arnett
August 15th and 16th, 2026

Luke 11:1-2a, Matthew 6:7-9a, Matthew 6:9a

Pray RELATIONALLY – to the FATHER.

Matthew 6:9, Romans 8:15-16, Acts 17:26-28, Ezekiel 36:23

Pray RESOLUTELY – toward the FUTURE.

Matthew 6:10, Revelation 11:15, Luke 22:42



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Prayer Practice

(Adapted from the *Practicing the Way* – The Prayer Practice)

"Our Father"	Think about God as your loving Father, whose intentions toward you are good, wise, and kind. Remember that He welcomes you with compassion and delights in you as His beloved child. If it is helpful, picture yourself resting securely in His loving care.
"In heaven"	Think about the truth that God is present with you. As you sit in this place, remember that you are completely dependent upon Him for every moment of life. If you belong to Christ, His Spirit dwells within you because He has graciously made you His own. Let each breath remind you to become more aware of His presence and to yield yourself more fully to Him.
"Hallowed be your name"	Sit with your Father in joyful, grateful worship. You might want to sit in silence for a few moments. Or sing a chorus. Or rattle off a list of things you're grateful for. Or praise God with specific things you love about him.
"Your kingdom come, your will be done, on earth as it is in heaven"	As we experience God's heart, allow it to inspire prayer for your oikos, your church family, your community, your Desert. Pray from this place of parental love. Allow the Spirit to lead you towards people, places, and situations that he longs to deliver, heal, and provide for.
"Give us each day our daily bread"	Now spend some time asking God for things you need. Remembering that God is your Father, bring to him the provision, healing, and understanding you need, asking him to intervene. Your daily bread may be physical, relational, financial, emotional, or spiritual. Think of all the places you need him, inviting him to arrive there.
"Forgive us our debts, as we also have forgiven our debtors"	Knowing that God sees you and longs to heal every part of you, spend a few minutes now in quiet asking God for forgiveness in specific areas in your life. You can do that by speaking out loud the specific areas of sin and shame in your life, or by asking the Spirit to search your heart and reveal them to you. Once you're done, ask the same for those who have sinned against you, asking the Spirit to help you to continue to forgive them, releasing them to God.
"And lead us not into temptation, but deliver us from evil"	Ask for God's strength and resolve to resist temptation in the three enemies of your soul: the World, the Flesh, and the Devil. The World: its ideologies, consumerism and materialism, promiscuity, escapism, addiction, and greed. The Flesh: its pride, self-gratification, lust, and prejudice. The Devil: his lies, shaming, hatred, violence, and accusing. Ask for the Spirit to save you from giving into the temptation of all three, even from what you're unable to see in your life.
"For yours is the kingdom, the power and the glory, forever and ever. Amen"	Take a moment to verbally declare the reality of this in your own language. Attributing with love all glory to God in your body, your life, and the world around you. Finish with a prayer of thankfulness and gratitude for God's presence with you during this time.



Pray RELIANTLY – with the FAMILY.

*Matthew 6:11-13, Matthew 6:14-15, 1 John 1:9,
James 1:13-15, 1 Corinthians 10:13*

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