

# HOW TO PRAY

## Sermon on the Mount | Family Devotion | Week 9

### The Passage

Matthew 6:9-15

### Questions

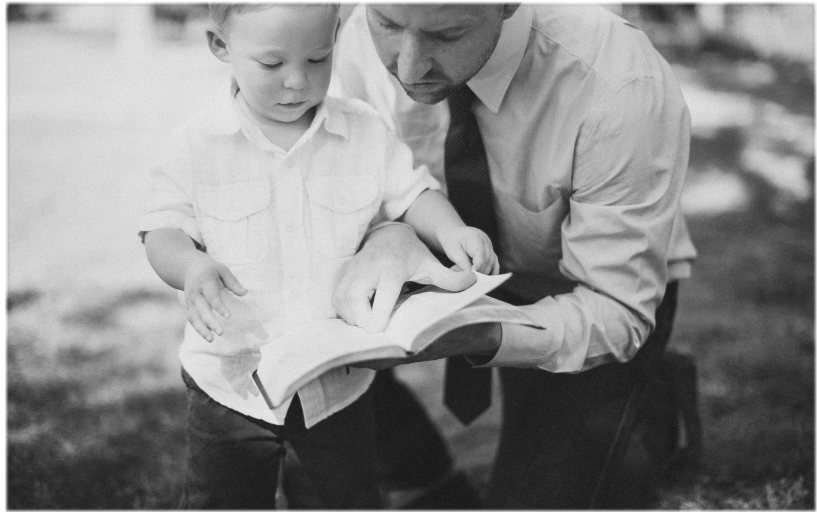
What is your favorite thing to do every day?  
What is your least favorite?

How does Jesus tell us to pray in this passage?

Where does our family need God on a daily basis?

### Prayer

God... thank you for loving us. We want to pray as you have led us to pray. Please give us what we need today. You are the only one who can provide it. We always need your grace. Forgive us and help us to forgive others as well. And as a family, please guide us and keep us safe as only you can. Thank you for never leaving us.



### The Story

Sometimes it can seem like every day is the same. The routines, the habits, and the to-do lists run like autopilot through our lives. Unfortunately for many of us, our religious lives look very much the same. We find ourselves with our own “churchy” task list. Go to church, make it to class, read a bit, pray if we can, rinse, and repeat. If we are honest, it can feel like something that we do rather than something that truly matters. So when the disciples come to Jesus and ask him to teach them how to pray, he responds with three simple challenges. #1 “Give us this day our daily bread.” Praying for bread is about more than getting whatever we could use on a given day. Jesus is calling us to recognize the giver more than the need, asking God to provide for us and understanding that without him daily we are nothing. #2 “Forgive us..., as we forgive those...” His second challenge is two-fold. First he calls us to repentance, to daily come before God and remember how broken we are. We don’t pray from a position of authority, as if God owes us something. We pray humbly, understanding that we need his grace constantly. Secondly, he lays out the expectation that we also will forgive. Understanding our need for grace should make us more rather than less willing to extend grace. #3 “Lead us not into temptation.” We don’t just need things from God. We need his leadership every day. Much like trusting him for our daily needs, this challenge is for us to remember and call out to God as those who desperately need his guidance. Will we pray like this?