



Image found at <http://www.egrc.net/>

The Prayer Jesus Taught His Disciples

By Beth Jones

One of the most important prayers ever recorded was the one that Jesus taught His disciples when a disciple asked Him how to pray. I'm sure that there were many different times that the disciples heard Jesus praying with other words and praying in the Spirit, but Jesus told them **these specific needs are what we should pray for.**

This is a **model of prayer**, rather than a legalistic, rigid formula. Remember Jesus warned us to not pray vain, repetitious prayers. (Matthew 6:7) **As you pray, be led by the Holy Spirit** for how specifically to pray and what words to use.

He will guide and direct your prayers, and they will be right on target for the Bible says, ²⁷ **But the anointing which you have received from Him abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things, and is true, and is not a lie, and just as it has taught you, you will^[a] abide in Him.**" (1 John 2:27)

As we pray, we should always **pray with respect and reverence toward God** because He is holy. We shouldn't try to **manipulate God into doing things our way**, but ask for His perfect will to be done. <http://www.egrc.net/> (*How Not to Pray* article by Lois Tverberg)

We can rest assured that **when we come to Him sincerely and humbly, He hears our voice.** (Psalm 51:17)

We can pray early in the morning, in the afternoon, or at night. We don't have to pray in a certain physical posture. We can pray sitting down, kneeling, standing up, walking, running, laying down, driving, hiking a mountain. It is our attitude, **our heart's posture toward God, that really matters.** Prayer is simply us talking to God and Him talking to us - friendship with Him. (You can learn more about prayer at <http://www.bethjones.net/my-products/walking-with-god-ebook-now-available/>.)

Here are the words Jesus taught His disciples to pray:

One day Jesus was praying in a certain place, and when He finished, one of His disciples came to Him and asked Him, "Lord, teach us to pray, just as John taught his disciples."

² **Jesus said, "This is how you should pray:**

"Father, may your name be kept holy.

May your Kingdom come soon.

³ **Give us each day the food we need,**

⁴ **and forgive us our sins,**

as we forgive those who sin against us.

And don't let us yield to temptation." (Luke 11: 1-4, NLT)

The New King James version adds these verses in Matthew 6:9-13:

But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen."

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