



**A Guided Journey through
The Lord's Prayer**

Shiloh Methodist Church

“Our Father”

Think about the idea of God as your loving Parent, one who has good and kind intentions toward you. If you like, imagine him embracing you, or smiling at you. Picture his face. Make eye contact with him.

“In heaven”

Think about the idea that God is all around you. Like oxygen, he surrounds and soaks your body, his Spirit abiding within you like oxygen. As you breathe, imagine that each breath invites God deeper into you, remembering that God loves living here, in you.

“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. You may just want to imagine your whole being caught up into his, and what it feels like to be mingled with the God of love.

“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 city/church/community/life. 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. This type of prayer is referred to as intercession.

“Give us this 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. Ask for God’s positive blessings in these spaces, inviting his goodness to lead the way and make itself evident in your every moment.

“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.

Thanks to **Practicing the Way**
for this content.