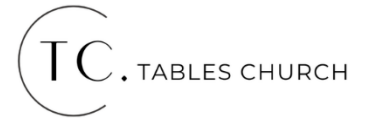


LORD'S PRAYER JOURNALING EXERCISE



Begin your prayer time by taking a pause.

Open yourself up to the Holy Spirit's Presence.

Read through Matthew 6:9-13. Invite God to speak with you.

1. Our Father in Heaven, Hallowed Be Your Name

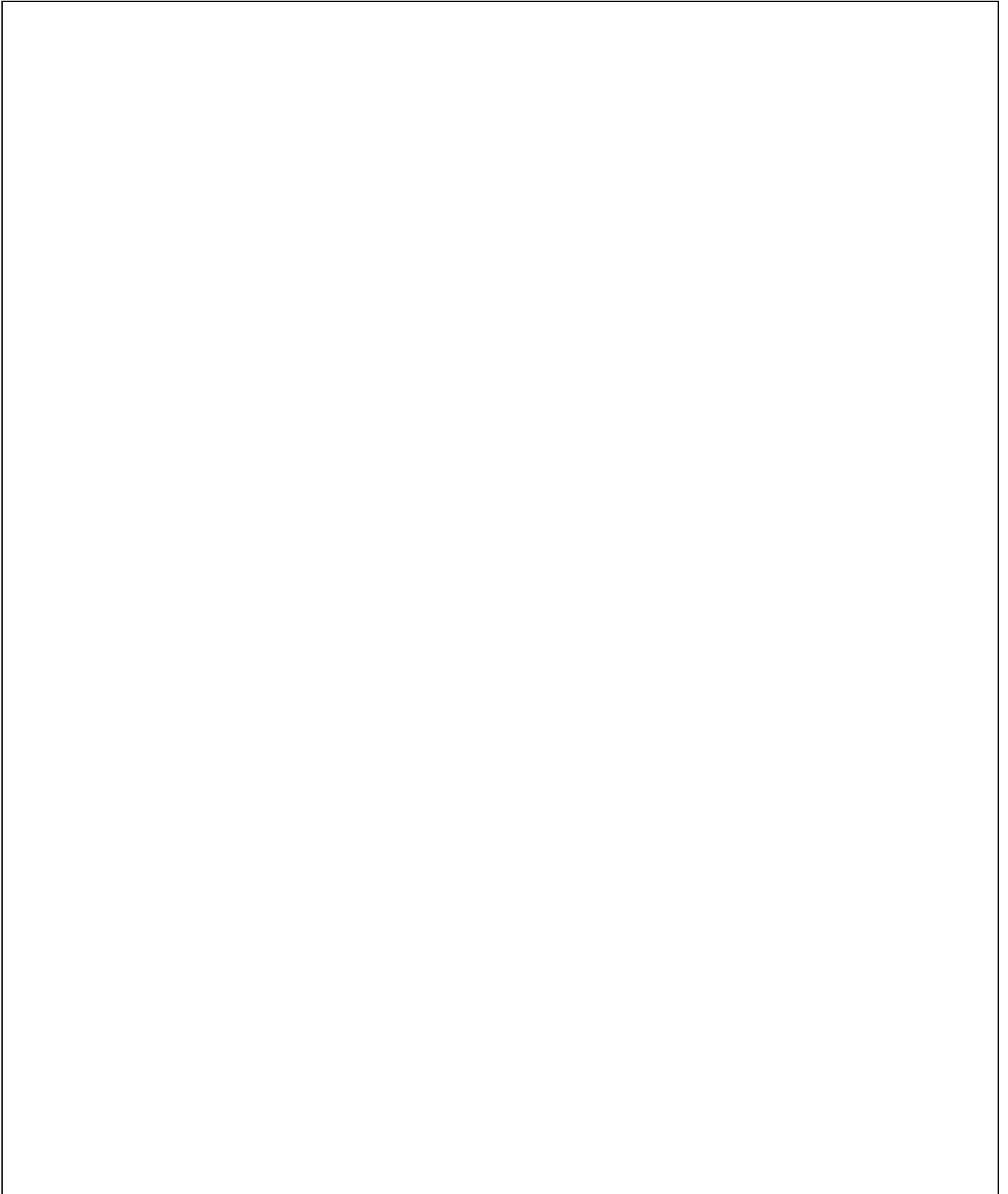
Reflect on your relationship with God as His child. What emotions arise when you call Him "Father"? How has He shown Himself as your loving and good Father?

Consider your spiritual family. How do you feel about being part of a community of believers?

Contemplate God's character—His power, goodness, and holiness. How do you reflect His name?

Invite God to share His thoughts about you as His child. Pause and listen. What do you hear?

Draw a picture that represents your current relationship with our Father in Heaven.

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the majority of the page below the instruction.

2. Your Kingdom Come, Your Will Be Done on Earth as It Is in Heaven

Acknowledge the areas where you've been pursuing your own kingdom and will instead of God's. Ask Him to realign your heart and motivations.

Pray about how you can actively participate in bringing His kingdom and will to earth.

Lift up those in your life who are not in God's kingdom. Pray for them by name.

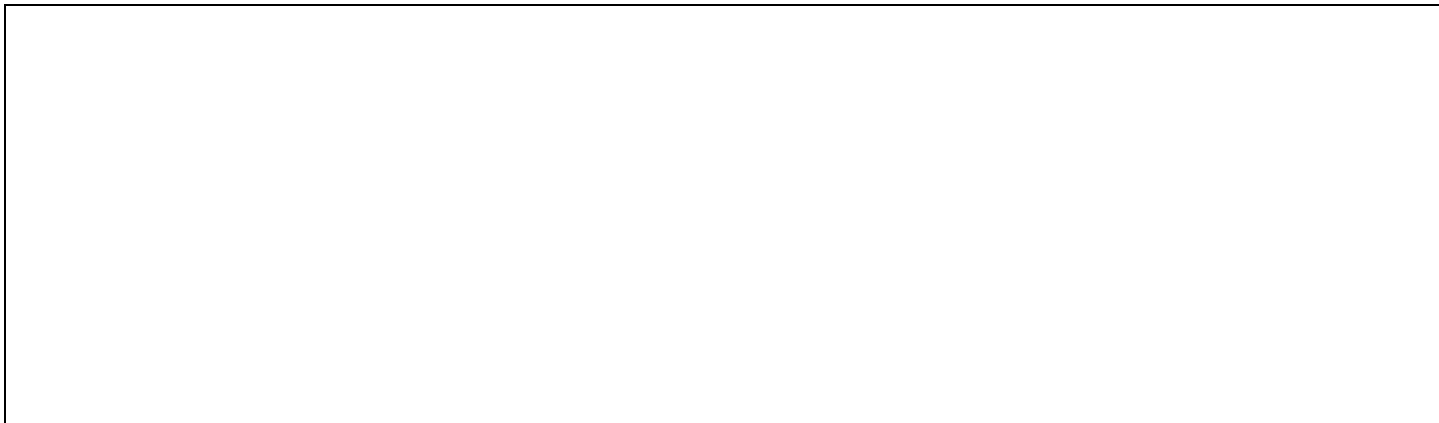
3. Give Us This Day Our Daily Bread

Express your gratitude for God's provision of your daily needs.

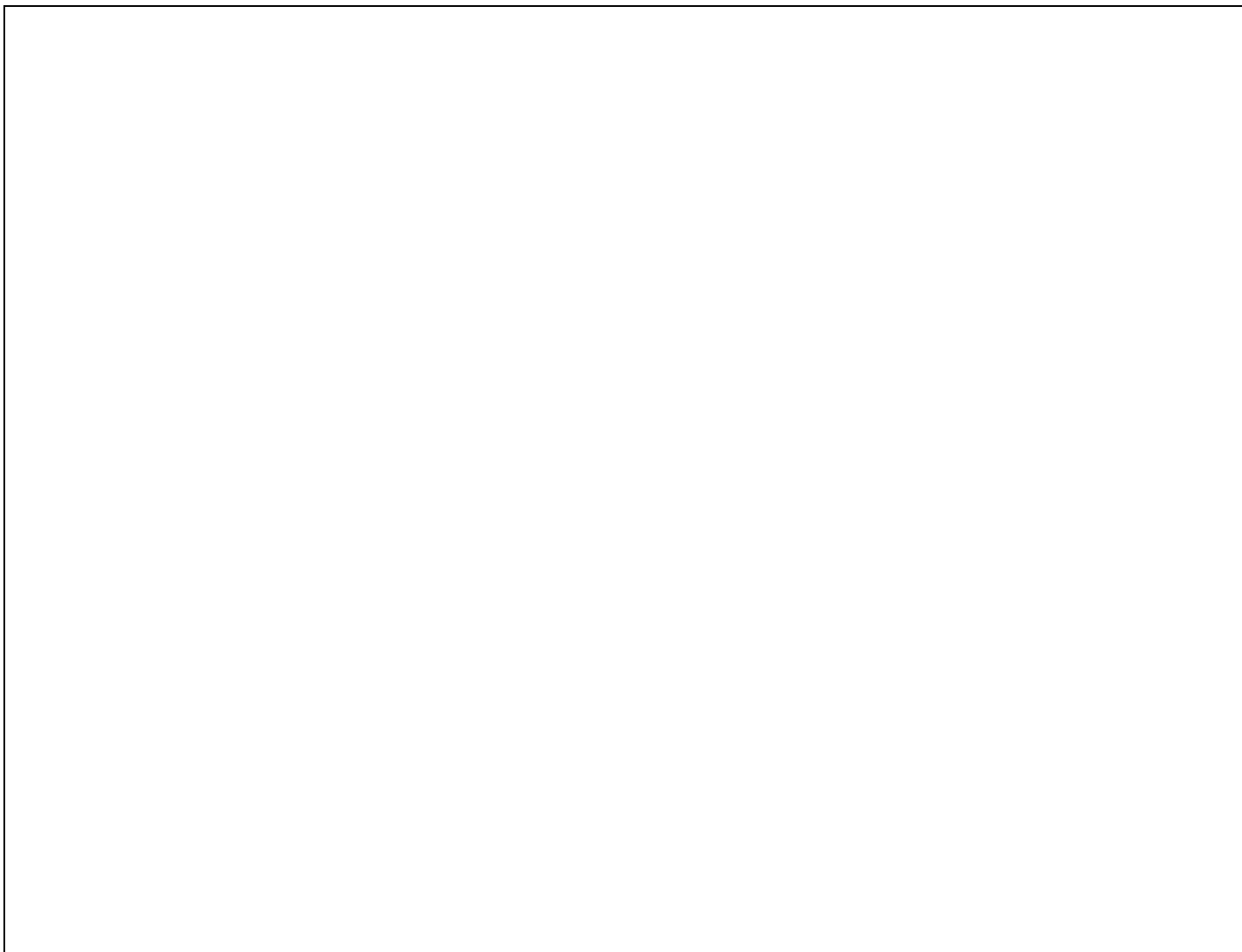
What do you need to live faithfully in God's kingdom? Bring those needs before God.

Consider those around you who are lacking essential needs. Ask God how you can be a blessing.

Reflect on areas of excess in your life. Confess and ask God to help you discern what is truly necessary and to cultivate contentment.

A large, empty rectangular box with a thin black border, intended for a person to write or draw their reflections on areas of excess in their life.

Draw a picture that depicts your life with only the essentials.

A large, empty rectangular box with a thin black border, intended for a person to draw a picture depicting their life with only the essentials.

4. Forgive Us Our Debts, as We Also Forgive Our Debtors

Reflect on why seeking forgiveness can be challenging for you. Bring those thoughts to God.

Are there sins in your life you've grown comfortable with? Ask God to search your heart and reveal areas where you need to repent.

Pray a prayer of repentance, committing to change and asking for God's help. Embrace His grace and thank Him for the sacrifice of Jesus. Reflect on how you feel about Jesus' death and resurrection.

Identify anyone you need to forgive. Pray for them and ask God to help you release any bitterness.

5. Lead Us Not Into Temptation, but Deliver Us from the Evil One

Acknowledge the temptations that you struggle with. In what situations do you feel most vulnerable? Seek God's strength and protection.

Remember that God's power surpasses that of the enemy. Ask Him to deliver you from your fears and the plans Satan has for your life.

Closing Reflection

What did God show you? How could what you learned be a blessing to others?

Write down your thoughts and a closing prayer to our Father in Heaven.



tableschurch.life/pages/discipleship-resources

