



**“Teach Us How to Pray”
An Interactive Guide to the Lord’s Prayer**

N Y C U P

About Teach Us How to Pray

For followers of Jesus, prayer is a rebellion against the status quo. It calls on the God who created everything to reconcile all things to Himself – the broken people, messed up relationships and unjust systems. He invites us to a holistic freedom that restores the shalom He originally intended.

When the disciples came to Jesus in Matthew 6, He instructed them how to pray. Jesus' teaching is clear, succinct and full of faith in Our Father. The Lord's Prayer can be quoted verbatim and, as you grow in your faith, become the pattern for prayer taught by Jesus. This prayer guide not only takes the reader through the Lord's prayer, but also teaches different styles of prayer and reflection.

This prayer guide can be used in a group or alone. If you are a new believer, we encourage you to seek out a community to pray alongside as you start your walk with God. Our notes will include helpful guidance for both. It was written by Jonathan Walton and Courtney Wong. This prayer guide was developed to be a multid denominational guide for Holy Spirit-led, God-centered prayer meetings. Prayer meetings do not have to be boring, poorly attended, or just an add-on during the week. Instead, prayer should be vital to a person's prayer life and core to small group bible studies and witnessing communities.

This guide has been used with thousands of students and leaders since 2008. Most notably, it is the prayer and commissioning service for all of NYCUP's Spring Break and Summer Immersion Programming.

Jonathan Walton

Jonathan Walton is InterVarsity's New York City Urban Project Director. He has stewarded this vision since 2008. He is the author of three books of poetry and short stories. The latest is "Legal: the First 21 Years". His prayer and worship life began in Meherrin Baptist Church in Brodnax, Virginia. Upon arriving to Columbia University his life with God was nurtured in InterVarsity Christian Fellowship under the leadership of Ashley Byrd (Campus Minister) and Carolyn Carney (Director of Spiritual Formation for NY/NJ). Presently, he attends New Life Christian Fellowship where Rich Villodas is lead pastor. Other formative influences of his prayer life are Wendell Wyatt (former pastor at Christian Testimony in Elmhurst, Queens) and Jon Tyson (Trinity Grace Church, Lead Pastor).

Courtney Wong

Courtney Wong is a singer/songwriter/worship leader based in New York City. She attended Columbia University, where she served as InterVarsity Christian Fellowship's worship band director. Since 2009, Courtney has been serving as NYCUP's Worship Leader for Spring Break and Summer Immersion Program. As part of NYCUP's LoGOFF campaign, Courtney released a stop-motion video series on Youtube that explores human trafficking as it exists in 7 different countries and features her original song, "Taking a Stand." In 2012, she released her first official music video for "Taking a Stand," which was produced by NYCUP Alumna Gisella Gutierrez, and won the 2012 Campus MovieFest Elfenworks Social Justice Award. For her work, Courtney has been featured by World Vision and MTV! Buy Courtney's debut album *Release. Revive. Right on Time.* on iTunes, Amazon, and Google Play!

N Y C U P

When We Pray, How Should We Pray?

"Our Father who art in Heaven"

All people are made in God's image, but not everyone is His child. When we become Christians, we become co-heirs with Christ (Romans 8:16) and are adopted into the family of God (Galatians 3:26). Our fundamental identity before God is as sons and daughters and He is Our Father.

God is not our supervisor, boss, or commanding officer. He is not our assistant, sidekick or "the man upstairs".

God is more perfect, loving and trustworthy than our earthly fathers could ever be – no matter how good or bad.

We are not employees, puppets, outcasts or trying to pay off a debt.

We are the children of the living God.

RESPONSE: Silent Reflection & Worshipful Response

Sit in silence and reflect on these truths.

"I am a son/daughter of God".

"I am accepted."

"God is not ashamed of me."

SCRIPTURE REFLECTION

Psalms 139 is a great place to pause and reflect on the reality of God's love towards us as individuals and the attention He gives to us personally. Take some time to read through each verse quietly or say it aloud replacing David (the author) with yourself as you read.

SONG/CHORUS

We recommend the song, "I Have a Maker" by Tommy Walker. You may meditate on these lyrics by reading them or playing the .mp3 or video if you have that capability. If you are leading a large group these songs are great transitions between portions of prayer. We chose this song because of its emphasis on the intimate connection we can have with Our Father in Heaven. It also mirrors the realities explained in detail in Psalm 139. Here are the lyrics (continued on next page):

VERSE 1:

I have a Maker

He formed my heart

N

Y

C

U

P

Before even time began
My life was in his hands

CHORUS:

He knows my name
He knows my every thought
He sees each tear that falls
and He hears me when I call

Verse 2

I have a Father
He calls me His own
He'll never leave me
No matter where I go

“Hallowed be thy name”

In Isaiah 6, we see the prophet overcome by the holiness of God as he enters the throne room. God is Holy and we are **not**. It is only by His abundant grace and mercy that we dare petition the Creator of Heaven and Earth. He alone is worthy of worship. He alone deserves all praise. It is with this posture in mind that Jesus instructs us to come by focusing the beginning of our prayers on the majesty and wonder of our amazing God.

RESPONSE: Spoken Sentence Prayers

Testify to the Lord's goodness out loud. Say one sentence or phrase. It can be original or from the Bible. An example would be:

“God, you are our refuge” from Psalm 91 or *“God, Your love endures forever”* from Psalm 100.

You may also focus on some of the names for God found in scripture including:

- *Jehovah-Jireh* – Yahweh provides (Genesis 22:14).
- *Jehovah-Rapha* – The Lord who Heals (Exodus 15:22-26)
- *Jehovah-Nissi* – The Lord Our Banner (Exodus 17:8-15)

He is worthy of our praise and worship, NOT just our requests. Jesus invites us to begin our prayers with our focus on God, rather than ourselves.

Note* If you are in a group, praying out loud can be an encouragement to people around the room and a way for people to be of "one accord" with one another and verbally agree. Encourage those in the room to open their mouths, listen and agree with those around them. Instruct people not to speak all at once, but to allow the praises to be heard by everyone.

N Y C U P

SCRIPTURE REFLECTION

Psalm 46, 84, 145 are great psalms to proclaim the wonder and glory of God along with the passages mentioned from Isaiah.

SONG/CHORUS

We recommend the chorus, "You Are Holy" by Carolyn Arends, Mark Harris, Michael W. Smith. The lyrics proclaim in worship what God has said about Himself in scripture. The beginning of this prayer is focused solely on Him. So, our worship focuses on Him as well and not on ourselves. Here are the lyrics:

(Chorus)

You are lord of lords
You are king of kings
You are mighty god
Lord of everything

You're Emmanuel
You're the great I am
You're the prince of peace
Who is the lamb

You're the living God
You're my saving grace
You will reign forever
You are ancient of days

You are alpha, omega
Beginning and end
You're my savior, messiah,
Redeemer and friend

[Ending:]

You are my prince of peace, and I will live my life for you.

Another song, proclaims this reality is "Your Great Name" by Natalie Grant. Below are the lyrics:

Lost are saved; find their way; at the sound of your great name
All condemned; feel no shame, at the sound of your great name
Every fear; has no place; at the sound of your great name
The enemy; he has to leave; at the sound of your great name

[Chorus:]

Jesus, Worthy is the Lamb that was slain for us, Son of God and Man
You are high and lifted up; that all the world will praise your great name

N Y C U P

[Verse 2:]

All the weak; find their strength; at the sound of your great name
Hungry souls; receive grace; at the sound of your great name
The fatherless; they find their rest; at the sound of your great name
Sick are healed; and the dead are raised; at the sound of your great name

[Chorus:]

Jesus, Worthy is the Lamb that was slain for us, Son of God and Man
You are high and lifted up; that all the world will praise your great name

[Bridge:]

Redeemer, My Healer, Almighty
My savior, Defender, You are My King

[Chorus:]

Jesus, Worthy is the Lamb that was slain for us, Son of God and Man
You are high and lifted up; that all the world will praise your great name

"Thy Kingdom come, Thy will be done on Earth as it is in Heaven"

Here, Jesus invites us to continue to humble ourselves and give up our own kingdoms for a Heavenly Kingdom where God reigns on the throne and NOT us. His Kingdom come, our kingdom go! We are proclaiming our desire for God's best for ourselves and the world, and not the best we can come up with. This is an invitation to trust and faith, not to "figure it out".

SCRIPTURE REFLECTION

Revelation 7 paints a picture of all of God's people standing before Him after the judgment. There is no more pain, no weeping, no suffering because these things have passed away. That is the reality for which we were made. We were created to be in loving union with Our God and with His people. Amen!

RESPONSE: Journaling Prayer

Take out a piece of paper and write out the places in your life where you want to see God's kingdom come and not yours or any other persons'. Perhaps His Kingdom needs to come at your job or in a specific class or maybe you need His grace, love, mercy, and kindness in a relationship or issue with a certain person. Whatever it might be, big or small, invite His Kingdom to come into it.

Note* If you are in a group, make sure everyone has pens/pencils and paper to be able to participate.

SONG/CHORUS

N Y C U P

We recommend the hymn "Come Thou Fount" by Robert Robinson because this portion of prayer is focused on our desire for the Kingdom of God to come in our lives and this world. It invites God to renew, revive and restore us so we are whole and unbroken; it calls for renewal of creation where there is no death, disease, famine, or other evidence of the Fall in His Presence.

Come, thou Fount of every blessing,
tune my heart to sing thy grace;
streams of mercy, never ceasing,
call for songs of loudest praise.
Teach me some melodious sonnet,
sung by flaming tongues above.
Praise the mount! I'm fixed upon it,
mount of thy redeeming love.

Here I raise mine Ebenezer;
hither by thy help I'm come;
and I hope, by thy good pleasure,
safely to arrive at home.
Jesus sought me when a stranger,
wandering from the fold of God;
he, to rescue me from danger,
interposed his precious blood.

O to grace how great a debtor
daily I'm constrained to be!
Let thy goodness, like a fetter,
bind my wandering heart to thee.
Prone to wander, Lord, I feel it,
prone to leave the God I love;
here's my heart, O take and seal it,
seal it for thy courts above.

"Give us this day, our daily bread"

Jehovah-Jireh means Our Provider. From the beginning of this prayer, He has been the focus and in this section our eyes continue to be upon Him. If we see that He is Holy, cling to this truth and invite His Kingdom and not our own, then we will see that this Good God, Our Father will give us the things that we need.

SCRIPTURE REFLECTION

James 1:6-8 says *But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.*

N Y C U P

This passage reminds us of the unwavering faith for which we are to strive.

Matthew 7:9-11 says *“Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!”*

This passage reminds us of His posture towards us and of our identity before Him. He is Our Good Father.

RESPONSE: One-to-One Intercession

Take the list of places where you invited His Kingdom to come and exchange with another person. With God’s Kingdom and holiness in mind, intercede (pray) for your partner and allow him/her to intercede for you. If you are alone, find someone you trust with whom you can share your petitions. We were made for community with others and receiving prayer is part of a healthy spiritual life.

Note* If you are in a group, it is okay if your prayer partner is of the opposite sex. If he/she brings up issues that you believe need deeper attention, find a brother or sister of the same gender to walk with them through that issue. But for this instance, you may pray for them.

SONG/CHORUS

We must exercise our faith in God to grow our trust in Him. Therefore, we suggest “Oceans” by Joel Houston, Matt Crocker, and Salomon Lighthelm. Sing or meditate on these words while going through this section of the prayer. God isn’t just a spare tire but the source of our daily sustenance.

You call me out upon the waters
The great unknown where feet may fail
And there I find You in the mystery
In oceans deep
My faith will stand

And I will call upon Your name
And keep my eyes above the waves
When oceans rise
My soul will rest in Your embrace
For I am Yours and You are mine

Your grace abounds in deepest waters
Your sovereign hand
Will be my guide
Where feet may fail and fear surrounds me
You've never failed and You won't start now

So I will call upon Your name
And keep my eyes above the waves
When oceans rise

N Y C U P

My soul will rest in Your embrace
For I am Yours and You are mine

Spirit lead me where my trust is without borders
Let me walk upon the waters
Wherever You would call me
Take me deeper than my feet could ever wander
And my faith will be made stronger
In the presence of my Savior
[x6]

I will call upon Your Name
Keep my eyes above the waves
My soul will rest in Your embrace
I am Yours and You are mine

"Forgive us our trespasses as we forgive those who trespass against us."

With God's holiness in mind and His perfection and power first in our thoughts, we take time to consider our wrongs before Him. Throughout the Bible, we see strong reactions from people as they encounter God's holiness. Isaiah fell on His face before God (Is. 6); Peter said, "Depart from me for I am a sinful man, O Lord" after the large catch of fish (Luke 5); the soldiers who came to arrest Jesus fell on their knees at the mention of His name (John 18). We too, must humble ourselves before a Holy God.

SCRIPTURE REFLECTION

Psalm 103 is a profound picture of the justice, love and mercy of our Holy God. Meditate on this passage slowly and consider what it means for God to love justice, liberate the oppressed, and remove our sins as far as the east from the west if we confess our sins.

RESPONSE: Silent Repentance

Sit in silence and confess your sins to Our Father who is Just to forgive because of Jesus, who is the ransom for our sin. When you are ready to accept God's forgiveness, open your hands as a sign that you are receiving it. If you are truly repentant and wish to turn away from that habit or behavior, open your hands and surrender to His amazing grace. You may also ask forgiveness for sins of omission (things you should have done that you didn't) or injustices that were perpetrated on your behalf.

If you need to forgive someone else, humble yourself before God by getting on your knees and acknowledging the Truth that He is the judge. We have no authority to withhold God's grace and forgiveness from anyone, including ourselves. He is the one who decides what the standard is.

N Y C U P

Forgive, that you might be forgiven.

Note* Some people confuse forgiveness and reconciliation. Forgiveness takes one person and is an act primarily between you and God. Reconciliation is between you and at least one other person. If you or someone else needs to go to someone and extend forgiveness, please consult a mentor or leader and strive to do so in grace and in humility. If you are leading a group, this is something you will want to tell everyone.

SONG/CHORUS

For this phase we recommend "Amazing Love" by Billy James Foote. The forgiveness of God through Jesus on the Cross is the crux of Christianity. There is no other love like this in any theology, story or narrative in all of human history.

I'm forgiven because You were forsaken,
I'm accepted, You were condemned.
I am alive and well, Your spirit is within me,
Because You died and rose again.

(Chorus)
Amazing love,
How can it be
That You, my King, should die for me?
Amazing love,
I know it's true.
It's my joy to honor You,
In all I do, I honor You.

I'm forgiven because You were forsaken,
I'm accepted, You were condemned.
I am alive and well, Your spirit is within me,
Because You died and rose again.

You are my King
Jesus You are my King

You are my King

"Lead us not into temptation but deliver us from evil."

God hears our prayers, literally. Think about that for just a moment. The God who formed the world into being is listening when you pray. Romans 9 says that if *"He is for us, who can be against us"* and 1 John 4:4 proclaims *"greater is He that is in you than He that is in the world."* And, last but certainly not least, *"When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone"* James 1:14.

N Y C U P

Meditate upon these truths - God is for us, He is with us and does not tempt us.

RESPONSE: "One-Voice" Prayer

With these truths in mind, pray aloud and begin to ask God to lead you from temptation, protect you from evil. As you focused on His holiness, invited His Kingdom and not your own, asked for your "daily bread", received His forgiveness and forgave - ask for Him to go before you.

Note: If you are in a group, invite people to take this time to pray aloud at once or in "One Voice". This style of prayer means that every person speaks at once to God. Some may pray in a whisper or others in a normal speaking voice. Whichever the volume, call on the name of the Lord with your brothers and sisters. Remember, He is listening!

SCRIPTURE REFLECTION

David lived a life of depending on God for His safety, especially in His younger years. Psalm 91 is a picture of that reliance for protection. Meditate on that passage and reflect on the places in your life where you made need God to deliver you.

SONG/CHORUS

For this prayer portion, we recommend a chorus from "Desert Song" by Brooke Fraser. Praise is powerful! Like prayer, it is rebellion against what we see before us and calls out to the God who is Sovereign over the universe to be glorified in whatever circumstances arise.

I will bring praise, I will bring praise
No weapon formed
against me shall remain
I will rejoice, I will declare
God is my victory
And He is here

"For thine is the Kingdom, the power and the Glory forever, Amen!"

This phrase does not appear in the original text but was a common biblical way for early church leaders to end their prayer times. Just as Jesus invites us to begin our prayers focused on God, we end our prayers focused on Him.

SCRIPTURE REFLECTION

There are many benedictions, prayers of blessing, and instances of "sending" someone out to participate in the will of God in this world. Here are few:

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost. Romans 15:13

N Y C U P

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. - Philippians 4:7

Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, to the only wise God our Savior, be glory and majesty, dominion and power, both now and ever. Amen.

Jude 1:24,25

Memorize one of these or other passages of blessing.

RESPONSE: Prayers of Blessing

Take a moment to commit everything you've prayed for to the Sovereign God, whose desire is for all of creation - every conflict, broken relationship, and painful place - to be reconciled to Him. As before, if you are alone, find at least one other person to pray a blessing over. You could send an email, text message, or pick up the phone. You never know what a little encouragement will do for someone's day. Here are more sample blessings from the Bible.

The Lord shall preserve thee from all evil: he shall preserve thy soul. The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore. Psalms 121:7,8

God shall supply all you need according to his riches in glory by Christ Jesus. Now unto God and our Father be glory for ever and ever. Amen. Philippians 4:19,20

Note* If you are in a group invite, people to take this time to encourage one another through prayer. You may use the sample blessings above or speak your own blessing that will encourage, comfort and edify (build up the other person).

SONG/CHORUS

The song that we recommend here is "Living For Your Glory" by Tim and Rachel Hughes. It is about His Glory, His Power and His Kingdom and not our own. Amen!

What good is it to gain the whole world
But lose your soul?
What good is it to make a sweet sound
But remain proud?
In view of God's mercy, I offer my all

And take my life, let it be everything, all of me
Here I am, use me for Your glory
In everything I say and do, let my life honor You
Here I am living for Your glory

The road I'm on that leads nowhere without You
And the life I live that finds meaning and surrender
In view of God's mercy, I offer my all

N Y C U P

Seeking first the Kingdom
Seeking first the Kingdom
Of my Lord

N Y C U P