



DENVER COMMUNITY CHURCH

Spiritual Practice: The Lord's Prayer

Materials needed: Bible

If you are using this guide for a group gathering your preparation may include the following -
Read through the Lord's prayer, Matthew 6.9-13

Praying through the Lord's Prayer

To open the time, please take 2-3 minutes of silence to quiet ourselves and clear our minds. After a few minutes of silence read The Lord's Prayer aloud.

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.

Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.

And lead us not into temptation,
but deliver us from evil.

For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.

Take another minute of silence before moving into a time of prayer individually or as a group. When the you or the group is ready, read each line of the Lord's prayer as it is broken down below. After you read each line, offer a prayer for anyone/anything that surfaces in you and pray aloud or in silence.

Our Father, who art in heaven,
hallowed be thy Name,

(tell God how amazing he is, how you experience His holiness)

thy kingdom come,

(pray for healing, restoration, and for God's goodness to be known in the world)

thy will be done,
on earth as it is in heaven.

(pray for the courage to bring your stress, fears, and pain to God, and ask for His
movement in you from stress to surrender)

Give us this day our daily bread.

(pray for the spiritual, emotional, and physical needs for you and others)

And forgive us our trespasses,

(acknowledge Gods forgiveness)

as we forgive those
who trespass against us.

(Ask the Lord to surface relationships in your life that need His grace)

And lead us not into temptation,
but deliver us from evil.

(give us courage and strength to follow your example)

For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen

(Give thanks, and praise God for who He is and what He does)

After praying specifically through each line in the Lord's prayer, take a few moments to
be still in the presence of the Lord. You can then close your time by saying The Lord's
Prayer aloud (together if you are in a group setting).