

## 8. Lead us not into temptation but deliver us from evil

May the Lord protect us from spiritual wickedness, temptation, the trials that test our faith and can lead us into sin. There are times when Satan uses our desires to tempt us and in our weakness we submit to him. The Lord's protection through his Spirit and his grace gives us the strength to say 'no' to sin.

**Prayer:** Father help me to put aside my pride and pursue true humility by trusting in you. And give me the reassurance that by faith in you I am spiritually protected. Strengthen me to resist the devil today and every day. Amen.

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

We can bring everything and anything to God - our families, jobs, finances, health, church, neighbors, your spouse, your future, your soul. Even that nagging thing that keeps you from sleeping God understands. We need to remember that nothing is too big or too small. He will sustain and provide for us.

There will be times when we cry out to the Lord in our sorrow, worries and anxieties not knowing what the outcome will be but knowing that the Lord will be with us and we are not on our own and he is upholding us in his everlasting arms.

*AMUA Prayer and Spirituality Coordinator*

*Christine Jensen OAM*

[prayer@muaustralia.org.au](mailto:prayer@muaustralia.org.au)



## Mid Year Meditations 2023 The Lord's Prayer

If someone were to ask you what prayer is I wonder what you would say. It really is asking God for things. And the God of the Bible can be asked for things. It is fellowship with God who has revealed himself through his Word. There are times and circumstances when we find it difficult and our relationship with God can be a struggle. J.C. Ryle in the nineteenth century said that prayer is an essential means of placing our faith in Jesus.

As Jesus taught his disciples he said 'And when you pray, do not keep on babbling like the pagans, for they think they will be heard by their many words. Do not be like them, for your Father knows what you need before you ask him.' And then Jesus says 'This then is how you should pray ...' (*Matthew 6:7-13*)

### 1. Our Father

Have you ever thought what it means to be able to call God 'Our Father?' This marks the relationship we have with God. Jesus tells we can address the creator of the universe by calling him Father. Our relationship with God is so deep, intimate and personal only because of the death of his Son for us. He is the Father we can have complete trust in, who will never let us down.

**Prayer:** Gracious Heavenly Father, thank you I can call you Father and that you know my every need before I ask. Forgive me when I take you for granted.

## 2. In heaven

Our Father is in heaven. This reminds us that God is not restricted or contained like an earthly father. He is all knowing, all powerful, ever present, invisible, immortal and unchanging. And he is holy and absolutely good.

**Prayer:** Our Father in Heaven, I give thanks that even when I feel alone and circumstances of life press upon me you are always there and I am not alone. Out of your goodness you care for me much more than I could ever imagine.

## 3. Hallowed be your name

We are asking for God's name to be made holy, to be revered, respected and honored. May he be given the glory that is due to him in the whole world as people turn to him through Jesus.

**Prayer:** Gracious Lord, I long for your name to be honored, respected and be made holy throughout the world. May people acknowledge you and may the glory due to you shine throughout the world. I especially pray for family and friends [.....] to put their trust in you.

## 4. Your kingdom come

May God's Kingdom come, that is may God's rule be established in all its fullness throughout the world in the lives of people as they submit to his rule. We're praying for people to turn to God, for an end of wars, poverty, famine earthquakes and cyclones. Especially we are praying for the return of Jesus in glory.

**Prayer:** Almighty God, I am sad that many people these days ignore you and fail to acknowledge your sovereignty over all things. I long for people everywhere to turn to you and your rule be made known

## 5. Your will be done on earth as it is in heaven

While we wait and as we love in a troubled world we are praying for people throughout the world to acknowledge the Lord Jesus.

**Prayer:** Again heavenly Father we pray for men and women throughout the world to turn to you and acknowledge you. My heart is grieved to see people ignore you. I particularly pray for the nations of [.....] that they will follow you.

## 6. Give us this day our daily bread

We are asking our heavenly Father to provide what we need for life, our physical, spiritual and future needs. We are dependent on God for all our needs. We are asking God to help us trust him with everything, even when we are not sure about life and the future.

**Prayer:** Thank you Lord for every provision of my needs. There are times when I feel anxious and unsure that you care for me. Help me to trust you in both the good and challenging times and remember your love and care for me. In Jesus' name. Amen.

## 7. Forgive us our sins as we forgive those who sin against us

Forgiveness is central to our spiritual needs. It is the heart of our relationship with our heavenly Father. Every single person needs forgiveness from God which he has given us through the death of our Lord Jesus. When we know his forgiveness, we will forgive others.

**Prayer:** Gracious God, through the cleansing blood of Jesus Christ, please forgive me of my sins against you and against others. Especially for [.....]. I rest in your unending mercy. Please help me to forgive others who have hurt me.