

## How Do I Use This Prayer?

So how should we use this prayer? Should we repeat it by rote over and over, like a magic chant?

Would you talk to your closest friend that way?

Remember, in Matthew 6:7 Jesus taught us to avoid meaningless repetition.

True prayer doesn't come from our mouths anyway. God isn't fooled or distracted by our words. He listens more deeply. He listens to what pours from our hearts. Remember, prayer is the breath of our relationship with Him. It is the personal communication between Him and us, being-to-being, face-to-face.

Therein lies the greatest benefit of the Lord's Prayer. It encourages a proper relationship with God, a relationship of submission and dependence. The prayer not only expresses our trust in Him but also strengthens and forms that trust. As we pray the prayer every day, it begins to shape our thoughts, our focus, our relationship with God, our entire lives.

So how do we use it on a daily basis? I make it the framework for my prayers. I pray one petition at a time, personalizing them as I go. I put each request in my own words and add in my concerns where they fall naturally.

Among the following pages are articles on the various phrases in the Lord's Prayer. Most open with an example of how that petition might be personalized, just to get you started. Also included are brief explanations of the words along with practical life applications.

But remember, the main point is this: come to your loving Heavenly Father simply and honestly, seeking His will and trusting every aspect of your life to Him. As you come to Him this way, you'll find that He responds to you in very personal and wonderful ways.

*Father, help me  
serve You alone and pray to You alone,  
simply, singly, sincerely,  
with no other motive but love for You.*

**Hymn options:**  
[Our Father in Heaven](#)  
[Simple Faith](#)