



# **Teach Us to Pray**

## *Devotion Guide*

Teachings for further study:

- The Jesus Way to Pray
- Teach Us to Pray (companion teaching to this devotion guide)
- Replace Your Cares with Prayers
- Cast Your Cares on Jesus
- Praying the Psalms (Winter 2010)

All available in COJ Resource Center & website:  
[www.TheChurchofJoy.org](http://www.TheChurchofJoy.org)

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## Prayer Exercise #1

January 3-9

- 1) Pray “The Prayer” 3 times a day this week—morning, mid-day, evening.
- 2) Read your choice of Scripture everyday this week.

Remember:

- This prayer helps keep us rooted and grounded in the Jesus Way.
- Pray it slowly, thoughtfully, worshipfully.
- Focus & expound your prayers into the parts that strike you most.
- Live as The Prayer says.
- The purpose of prayer is to Love God & Love Your Neighbor.
- This prayer is a good way to start your daily devotion to Father.

### **The Lord’s Prayer**

“Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done  
On earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts\*,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom  
and the power  
and the glory forever.  
Amen.”

- Jesus, Matthew 6:9-13  
(NKJV)

\* debts could be translated trespasses or sins