



# 19 Minutes with Luther

## The Lord's Prayer

- The Knowledge of God
- Law and Gospel
- Introduction to the Law
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- The Conclusion
- The Gospel & the Nature of God
- The Apostles' Creed (Faith)
- 1st Article (Creation)
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- 2nd Article (Christ's Person)
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- 2nd Article (Saved by Faith)
- 3rd Article (The Holy Spirit)
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- Baptism (Part 1)
- Baptism (Part 2)
- Holy Communion (Part 1)
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- Keys & Confession (Part 1)
- Keys & Confession (Part 2)
- Keys & Confession (Part 3)
- **Introduction to the Lord's Prayer**
- The Address
- 1st Petition
- 2nd Petition
- 3rd Petition
- 4th Petition
- 5th Petition
- 6th Petition
- 7th Petition
- The Doxology

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours now and forever. Amen.

1. Prayer is an act of worship. It is a heart-to-heart talk, spoken or unspoken, with the one true God. According to the following passage, whose prayers does God hear? What comfort do you gain from this passage?

*"The eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil" (1 Peter 3:12).*

2. What do the following passages tell us about the content of prayer, when we should pray, and where we should pray?

*"I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone" (1 Timothy 2:1).*

*"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6).*

*"Pray continually" (1 Thessalonians 5:17).*

*"Pray in the Spirit on all occasions with all kinds of prayers and requests" (Ephesians 6:18).*

*"When you pray, go into your room, close the door and pray to your Father, who is unseen" (Matthew 6:6).*

*"I want all men everywhere to lift up holy hands in prayer" (1 Timothy 2:8).*

3. Although God encourages us to pray anytime and anyplace, it is helpful to discipline ourselves in such a way that we have set times for prayer. At what times during the day might a Christian always want to pray?

4. Fill in the blanks. A believer may pray using . . .

. . . his \_\_\_\_\_ words.

. . . the words of another \_\_\_\_\_.

. . . the words of the prayer which Jesus himself gave us:

the \_\_\_\_\_.

5. Using a book of prayers can be helpful to one's prayer life. Share an example of a prayer or book of prayers that you have found meaningful.

6. God does not demand that we use any certain posture as we pray. Postures of prayer, however, can be helpful; they can reflect what is in our hearts and serve as a practical aid in prayer as well. List several postures of prayer. How might each be a reflection of what is in our hearts or serve as a practical aid?

7. Evaluate the following statements:

In prayer, it is better to have a heart without words than words without a heart.

Prayer strengthens faith.

Before I go to bed at night, I always pray for my grandma in heaven.

We should always pray as Jesus did: "If it is your will, God."

### Luther said:

"Let this be said as an exhortation to pray that we may form the habit of praying with all diligence and earnestness. For next to the preaching of the Gospel (whereby God speaks with us and offers to give us all His grace and blessings) the highest and foremost work is indeed that we, in turn, speak with Him through prayer and receive from Him." (Plass, Vol. 2, p. 1093.)

### Closing Prayer

Lord, lead us, often and always, to take advantage of the privilege we have in Christ to speak to you from the heart. Amen.

### At home

Write a prayer that contains intercession and thanksgiving.

### Helps

(1) God only hears the prayers of the "righteous," that is, the prayers of Christians who are righteous in God's eyes through faith in Christ. We can be certain that when we pray, God hears us. (2) We are to pray at all times and on all occasions. We are to pray in all places, in private and in public worship with other believers. We are to use prayer to thank God and to make requests for ourselves and others. (3) Examples may vary (mealtime, when we wake, when we go to bed, during daily devotions). (4) A believer may pray using his own words, the words of another person, or the words of the prayer Jesus himself gave us: the Lord's Prayer. (5) Examples will vary. (6) Examples will vary (kneeling during prayer expresses our humility and honors God; closing our eyes may keep us focused on the content of our prayer; folding our hands may express our helplessness and dependence on God and may also keep us focused on the content of our prayer). (7) Jesus condemned the mechanical recitation of words but promised that God will listen to and answer the prayers of all believers. The act of prayer is a fruit of faith; it is not a means of grace and, in and of itself, does not strengthen faith. We are not to pray for the dead. Our prayers do not help those in hell, and those in heaven do not need our prayers. According to his promises in Word and sacrament, we may demand spiritual blessings from God. When seeking physical and earthly blessings, we should pray that God's will be done.