



HOW SHOULD WE PRAY?

Slide 1

Today we are going to talk about **Slide 2** prayer. Have you ever **Slide 3** seen people pray? Some pray often, while others never pray. But, what is **Slide 4** "praying"? It is **Slide 5** talking to God; a little like when you **Slide 6** phone a friend. You can't see him but you know that he can hear you.

Slide 7 Recently a child told me:

- I don't know how to pray. I don't know **Slide 8** what to say.

Do you know that the disciples asked the very same question? One day they said to Jesus:

- Teach us to pray.

This is how Jesus answered them.

Slide 9 "JESUS! TEACH US TO PRAY!"

Slide 10 Imagine, Peter, John, Andrew, Philip and the other disciples often saw Jesus praying.

Very early **Slide 11** in the morning, he used to go to a quiet place on His own. At other times it was **Slide 12** in the evening when everything was quiet. Sometimes He would pray all night. It is hard to understand why Jesus needed to pray so often, just like the disciples needed to sleep or breathe. His prayers could also be very simple and very short.

Of course, the disciples prayed too, but they understood that something was missing.

Slide 13 One day, one of them decided to tell Jesus about it:

Slide 14 - Lord, he said to him, teach us to pray.

Slide 15 - When you pray, Jesus told them, do not pray so that **Slide 16** others will see you and say **Slide 17** "Oh, didn't they pray well!"

But **Slide 18** go into your room, close the door and **Slide 19** pray to God who is there. **Slide 20** He will hear you and **Slide 21** he will answer you. When you pray, **Slide 22** don't repeat the same things over and over again, without thinking about what you say.

Before you talk to him, **Slide 23** God already knows all that you need, all that is necessary for your life. **Slide 24** Speak to him using your own words, simply and with a sincere heart.

Slide 25 The disciples listened attentively. **Slide 26** They wanted to remember all the words

of Jesus.

Slide 27 Jesus continued and said to them: **Slide 28** - This is how you should pray!

Slide 29 *“Our Father in heaven,*

Slide 30 *hallowed be your name, your kingdom come,*

Slide 31 *your will be done on earth as it is in heaven.*

Slide 32 *Give us today our daily bread.*

Slide 33 *Forgive us our debts,*

Slide 34 *as we also have forgiven our debtors.*

Slide 35 *And lead us not into temptation, but deliver us from evil one:*

Slide 36 *For thine is the kingdom,*

Slide 37 *and the power, and the glory for ever.*

Slide 38 *Amen.”*

Slide 39 The disciples were astonished; they learned that we can call the Almighty God, who is in heaven, **Slide 40** our Father! Jesus told them that He wanted to welcome them as His children. But we must address Him **Slide 41** with a great deal of respect, with even more respect than we address our parents. We can ask Him to help us to obey Him, just like the angels in the heaven obey Him. **Slide 42** Jesus encouraged them to ask for everything that they needed for their daily life, work, food, clothing, both for themselves and for their families. He also recommended them to ask God **Slide 43** for forgiveness, with a sincere heart, for all those that they have hurt. Not to forget the fact that they must also forgive those who have hurt them, who have hurt them and who ask for their forgiveness.

The disciples knew perfectly well that the devil exists and that he was constantly trying to lead men to doubt the love of God and disobey, but Jesus told them to ask **Slide 44** God to protect them from the devil.

Finally, Jesus reminded them **Slide 45** that God, our Father, is also the Almighty King who reigns over the entire universe.

Slide 46 **1, 2 3, 4 AND YOU AND ME!**

Slide 47 Jesus encouraged his disciples to pray, to speak to God their Father and He gave them **Slide 48** a model **Slide 49** “Our Father”. This model, applies both to you and to me.

*Do you always have to repeat this prayer all the time? No, you don't, but you can learn it by heart, for it will help you when you pray. **Slide 50** If you've never prayed, I encourage you to*

start. You can speak to your heavenly Father **Slide 51** using your words, and tell him what is **Slide 52** in your heart, in your mind, using simple words.

For those of you who already pray, I encourage you to continue to do so, **Slide 53** because your Father is listening to you and at the right time He will answer you and give you what He knows is best.

You will find the **Slide 54** “Our Father” at the beginning of chapter 11 of Luke’s Gospel.

In our next shows, we will see what Jesus continued to teach his disciples about prayer.

Slide 55 4, 3, 2, 1 AND WE PARENTS!

Slide 56 How can we encourage our children to pray? By can talk about it with them over several days. We can examine the different teachings given by Jesus, one by one, for example: how we should pray, that Jesus tells us to pray **Slide 57** in a quiet place, that we should pray simply, using **Slide 58** our own words, that we should place **Slide 59** our trust in God, and that we can say the prayer **Slide 60** “Our Father”, of course.

By sharing these teachings with them in this way, we can help them to understand and put into practice, what the Lord taught us about prayer.

Our children will appreciate being accompanied and encouraged by their parents. Why not also help them **Slide 61** to learn the “Our Father” by heart? **Slide 62** When they see us and hear us praying, they will understand the importance of praying aloud to our Heavenly Father.

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