

# Praying the Prayer of our Lord

(Suitable for use within a group over approximately one hour, or for an individual's personal Bible reading)

## Thinking about life as a student in healthcare

1. What are some things you have prayed for in the last week? Why did you pray for these things?
2. Are there pressures you face as a healthcare student that make it hard for you to pray?

## What does God have to say?

Read Matthew 6:5-15.

Matthew 6:5-15 is part of a discourse of teaching given by Jesus to His followers (Matthew 5:1-2); and so it is relevant for those who follow Him today. In Matthew 6:9-15, Jesus teaches us what to pray (this is why this prayer is commonly labelled the 'Lord's Prayer'). In Matthew 6:5-8, Jesus also tells us *how* to pray:

- not in a way such that you point people to respect you for being spiritually impressive (v5-6); and
- not with lengthy words because you think God needs to be persuaded to listen (v7-8).

1. Using the following table, express in your own words what Jesus is teaching us to ask God for.

REQUEST	IN YOUR OWN WORDS
Our Father in heaven...	
hallowed* be your name	
your kingdom come, your will be done on earth as it is in heaven	
give us today our daily bread	
forgive us our debts, as we also have forgiven our debtors	
lead us not into temptation, but deliver us from the evil one	

\*Note: 'Hallowed' means 'revered' or 'honoured'.

### *Putting it into practice*

1. It's been another long day and you're exhausted. As you travel home the thought pops into your head "I ought to pray", but it's closely followed by another thought, "I don't have time to pray". Is this a common experience for you? What normally is the result of this inner questioning? Is there something in your mindset that leads to this result?
2. Make a short list of things you normally pray for (no more than 4 or 5 categories).
  - a. How does your list compare to Jesus' list? What similarities do you see? What differences?
  - b. What do the differences tell you about the way you think?

From this analysis – is there anything as a result you would like to change?

3. Revisit the column in the above table: 'IN YOUR OWN WORDS'.
  - a. How does a directive to pray these petitions make you feel toward God, feel toward your classmates?
  - b. What outcomes in your future field as a health care professional would you see if you and your current classmates prayed each of these petitions?
    - Consider the effect on patients and staff you will have authority over.
    - Consider how it may effect how non Christian colleagues view Jesus Christ.

# Bible Bites

(Suitable to be completed over approximately 20-25 minutes)

## Praying the Prayer of our Lord

### Thinking about life as a student in healthcare

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2. Are there pressures you face as a healthcare student that make it hard for you to pray?

### What does God have to say?

Read Matthew 6:5-15.

<sup>5</sup> “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. <sup>6</sup> But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. <sup>7</sup> And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him.

<sup>9</sup> “This, then, is how you should pray:

“Our Father in heaven, hallowed be your name,  
<sup>10</sup> your kingdom come, your will be done on earth as it is in heaven.

<sup>11</sup> Give us today our daily bread.

<sup>12</sup> Forgive us our debts, as we also have forgiven our debtors.

<sup>13</sup> And lead us not into temptation, but deliver us from the evil one.’

<sup>14</sup> For if you forgive men when they sin against you, your heavenly Father will also forgive you. <sup>15</sup> But if you do not forgive men their sins, your Father will not forgive your sins.”

1. Using the following table, express in your own words what Jesus is teaching us to ask God for.

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### Putting it into practice

1. Make a short list of things you normally pray for (no more than 4 or 5 categories).
  - a. How does your list compare to Jesus’ list? What similarities do you see? What differences?
  - b. What do the differences tell you about the way you think?From this analysis – is there anything as a result you would like to change?
2. Consider if you and your classmates prayed for your arena of your clinical placement as Jesus directed.
  - a. How might answered prayer affect you, your patients, and staff who have authority over you?
  - b. How might these answered prayers affect the way you, your patients, and authoritative staff see Jesus?