

# The Sermon on the Mount: *The Practice of Prayer*

*Matthew 6:5-15*

## The Attitude of Prayer (v. 5-8)

- Like giving, Jesus teaches that prayer is meant to be private in its practice
  - This does NOT mean that we cannot pray with others
  - Rather, we are not to pray publicly as a show to others of our righteousness
  - God alone is our audience in prayer
    - It is an intimate conversation with Him
- He also teaches that God is not impressed with the language or length of our prayers
  - He knows our hearts

## The Content of Our Prayer (v. 9-13)

- Jesus teaches His disciples how to pray
- “Our Father in heaven”: We come to God as our Father who wants to talk with us
- “May Your name be revered as holy”: A realignment of our attitude
- “Your kingdom come, Your will be done...”: A realignment of our goals
- “Give us our daily bread”: A realignment of our understanding of necessity (Pro 30:8-9)
- “And forgive us our debts...”: A realignment of our relationships (v. 14-15)
  - An unforgiving person is one who has not truly understood the depth of their own sin or the depth of God’s grace, love, & mercy
- “And do not bring us to the time of trial, but rescue us from the evil one”: A realignment of desires
  - God does not tempt us (Jas 1:13)
  - It is a plea to help us not succumb to the temptations that come before us (1 Cor 10:13)
  - God uses trials to strengthen us
    - The prayer is not to ask God to help us avoid them, but rather to have the strength to endure them (Jas 1:24; 1 Pet 1:6-9)

## So What?

- Are we coming to God as our Father?
- Are we praying that God realigns every aspect of us to Himself?

**Meditation Verse:** *Matthew 6:9a-13*