**Praying The Lord’s Prayer**

The P.R.A.Y.S. Model is a method based on the prayer that Jesus used to teach his disciples to pray:

\* Praise: “Our father in heaven, hallowed be your name.”

\* Request: “Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread.”

\* Admit: “And forgive us our debts as we have also forgiven our debtors.”

\* Yield: “And lead us not into temptation but deliver us from the evil one.”

\* Save: Lord we pray that you will seek and save the lost (Luke 19:10) and I especially pray for my three friends that you might soften their hearts and bring them into relationship with you.

Practise Praying: Write a letter to God using the outline P.R.A.Y.S.:

\* Praise: Thank and praise God for who he is, how great He is and how you love him.

\* Request: Ask God to work in your life and through you to bring his kingdom to earth.

\* Admit: Admit that you need God in your life and that you need his help to make disciples.

\* Yield: Tell God that you surrender to Him and want to be used by Him to reach your friends.

\* Save: Ask God to soften the hearts of your lost friends and bring them into a relationship with him.

Here are some creative ideas for using this model that were used with our high schoolers on our WhatsApp groups (they are written as facilitated prayer times for people to either pray or type up their prayers):

**1. The Lord’s Prayer Outline**

It’s time to turn towards Father God. We will follow the prayer that Jesus taught his disciples to pray - the one we call The Lord’s Prayer. It begins with **PRAISE**: "Our Father in heaven, hallowed be your name…” Let’s throw out some reasons why we are so proud of our father God!

Let’s move on to REQUEST. The prayer continues: “Your kingdom come, your will be done, on earth as it is in heaven.Give us today our daily bread.” Seems like there are two aspects to bringing requests to God. There is Intercession - making requests on behalf of others - praying for God’s kingdom to come, for spiritual maturity and for emotional or physical healing. Then there are requests for supplies for ourselves - like asking for food, clothing, strength, wisdom or boldness to share the gospel. Let’s spend a few minutes bringing our requests before God.

It is time to ADMIT. The prayer continues: “And forgive us our debts, as we also have forgiven our debtors.” We pause as we realise that we are not perfect like God is perfect and that we often stumble and fall - but if we confess our sins, he is faithful and just and will forgive us our sins (1 John 1:9). This is often a time of silence when we admit where we have failed God and also receive his grace to help us become victorious in that area.

Time to YIELD. Jesus continued: “And lead us not into temptation, but deliver us from the evil one.” He knew that evil was all around us so he taught us to surrender our lives to God and pray that God would help us overcome sin and wickedness. As we give ourselves to God we will see victory in our lives! How do you need to surrender to God this evening?

Sometime back we added an S onto the Word PRAY which stands for Praise, Request, Admit and Yield (and it became PRAYS). Our S stands for Save - and it reminds us about our 3 lost friends that we have written on our Replicate Circle. We ask God to help us pray for them faithfully and with passion, help us to pursue them with love and find ways to persuade them with truth as we start spiritual conversations and share the gospel story with them. Spend a few minutes praying for your lost friends. You can’t force them to turn to God but you can ask God to open their eyes and hearts to his love and to use you along the way!

**2. Personal and Public Praying**

We are going to pray through the P.R.A.Y.S. outline again tonight but will be doing things a little differently. I am going to introduce each phase and then give you 3 minutes to actually pray about that area and then when I give the go ahead you can type a prayer and post it if you want to - maybe sharing out of how you connected with God during your 3 minutes of praying. Is this clear?

So I introduce a section - ie. Praise (and I will say): Spend the next 3 minutes speaking to God (without using your phone). I will post a message after 3 minutes inviting your to type and send some prayers before we move on to the next section - and follow the same pattern of personal prayer and then group prayer.

Cool??? 5 minutes to go!

Welcome to Date@8. God has cleared his calendar and is ready to meet with you! He loves it when his people gather to speak to him in prayer. As I explained earlier we are going to start by PRAISING God - but we will do it personally for 3 minutes with no posting to the group. At the end of 3 minutes you should see my text and know that you are then invited to post praise prayers for another few minutes before we move on. Let’s pray… God I praise you…..

Dear Lord, thank you for hearing the private prayers from our hears and we now want to sing your praises publicly as we share with the group…

(Teens post their Praise prayers)

REQUEST: Let’s bow our heads and spend the next 3 minutes bringing our personal Requests before the Lord - ask God for whatever is on your heart…

Dear Lord, thank you that you know what we need even before we bring it to you in prayer. You love to give your children good gifts and we know you only give us what is best for us. We are now going to share requests so we can pray for each other…

(Teens post their Requests)

ADMIT: Let’s spend 3 minutes praying silently with no distractions, admitting where we have let the Lord down and allowing his grace to wash over us and cleanse us from all our sins…

Dear Lord, we claim your promise that if we confess our sins you are faithful and just and will forgive us our sin and cleanse us from all unrighteousness. We are going to take a few minutes to thank you for your grace and for forgiving us and restoring us to intimacy with you.

(Teens post their appreciation for Grace)

YIELD: Take the next 3 minutes to ask God what he wants you to yield to him - ask him to reveal some area of your life that is not yet surrendered to him and ask God for help in giving it to him!

Dear Lord, it is not easy to admit areas we need to surrender to you, but we are grateful that you love it when we open our lives up to you to work more deeply in our lives. We are going to take a few minutes to openly yield ourselves to you.

(Teens post their areas they want to Yield to God)

SAVE: Take the next 3 minutes to pray for the 3 lost friends on your Replicate Circle - ask God to help you Pray with Passion for them every day, to look for ways to Pursue them with Love and Persuade them with Truth.

(Teens post their areas they want to Yield to God)

Dear Lord, thank you that YOU love my lost friends so much more than I do and that you are going to use me to bring them closer to you. We end our prayer time this evening by committing out loud to make disciples who make disciples. We are done with addition and are going for multiplication!!!

(Teens post prayers of commitment to be used by God to reach their lost friends)

Wrap Up: Huge thank you to our Lord and Saviour, Jesus Christ for bringing us into an intimate relationship with Father God, for filling us with his Holy Spirit and for this amazing time of prayer this evening. Thanks to everyone who participated - even if you did not post! God heard your prayers and loves you with an everlasting love!!! Tomorrow night Tama will be leading our prayer time!

**3. Using Psalms to Guide our Praying**

PRAISE

We are going to begin our time of PRAISE by finding reasons to praise God in Psalm 100:

"Shout with joy to the Lord, all the earth!

Worship the Lord with gladness.

Come before him, singing with joy.

Acknowledge that the Lord is God!

He made us, and we are his.

We are his people, the sheep of his pasture.

Enter his gates with thanksgiving;

go into his courts with praise.

Give thanks to him and praise his name.

For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation.”

I praise you God because you are….

REQUEST

As we move into the next phase in the Lord’s Prayer let’s been to bring our REQUESTS before the Lord. Here is an extract from Psalm 71 to guide our prayers in this section:

In you, Lord, I have taken refuge;

let me never be put to shame.

In your righteousness, rescue me and deliver me;

turn your ear to me and save me.

Be my rock of refuge,

to which I can always go;

give the command to save me,

for you are my rock and my fortress.

Deliver me, my God, from the hand of the wicked,

from the grasp of those who are evil and cruel.

ADMIT

As we move into the next phase of our prayer, let’s ADMIT where we have fallen short of God’s best for our lives - AND receive his pardon and grace to live in freedom! Here is a passage from Psalm 51 to guide us:

Have mercy on me, O God,

according to your unfailing love;

according to your great compassion

blot out my transgressions.

Wash away all my iniquity

and cleanse me from my sin.

YIELD

As we move into the next phase of our prayer, let’s Yield ourselves to the Lord. Here is a Psalm to guide our prayers:

“Surrender yourself to the Lord, and wait patiently for him.

Do not be preoccupied with an evildoer who succeeds in his way

when he carries out his schemes.

Let go of anger, and leave rage behind.

Do not be preoccupied.

It only leads to evil.

Evildoers will be cut off from their inheritance,

but those who wait with hope for the Lord will inherit the land.”

Lord I yield…

SAVE

As we move into the final phase of our prayer time, let’s thank God for the salvation we have received and ask him to save our lost friends! Psalm 62 is a great psalm about salvation:

“Yes, my soul, find rest in God;

my hope comes from him.

Truly he is my rock and my salvation;

he is my fortress, I will not be shaken.

My salvation and my honor depend on God;

he is my mighty rock, my refuge.

Trust in him at all times, you people;

pour out your hearts to him,

for God is our refuge.”

**4. Praise Through The Alphabet**

Welcome to your prayer Date@8 with God and awesome peeps!!!

We are going to start by giving 1 word PRAISE shoutouts to God for who He is. But we are going to shake things up a little bit - we are going to use each letter of the alphabet and we have to find a characteristic of God with that letter. For example:

I praise you because you are Awesome!

You type just the word starting with that letter and every few seconds I will change the letter as we make our way through the whole alphabet!

Le’s start to praise God for things beginning with A…

I praise you because you are:

A\_\_\_\_\_\_\_\_\_\_\_\_

Praising God is one of the best ways to fight worry, fear, depression, and even physical pain.  It gives us an opportunity to take our eyes off the darkness of the circumstances to see that God is much greater than our circumstances and can even change those circumstances.

Request

Let’s start by asking God things that others need

Then we can ask God for things that we need personally.

Admit

For each negative thing that we admit we have to confess a positive thing because God is for us and with us. For example:

I admit that I fear the unknown, but I confess that you make me brave!

**5. A Simple PRAYS Outlines**

Let’s begin our prayer time tonight with PRAISE. Praise has two focuses: we praise God for WHO he is and for WHAT He does. Let’s spend a few minutes remembering who God is and what He has done for us. Keep your posts short and maybe just mention one thing in each post.

Let’s move on to REQUEST. Ask God for whatever is on your heart - especially for things that you know that he delights to give to his children, like hope, love, healing, power, blessing, etc...

The next part of our prayer is ADMIT. We get honest and personal with God as we let Him know how much we need Him in our lives to help us become all that He wants us to be.

Let’s move on to YIELD. We look back on our day or week and identify areas that we need to surrender to God and we bring them to him and ask him to help us change.

Finally we end with SAVE. Let’s pray for the salvation of the people on our Replicate Circle and ask God to give us an opportunity to share the Gospel with them.

**6. Another PRAYS Outline**

**P**raise – get them to write TWO things that they can praise God for.

**R**equest – get them to write TWO requests that they have.

**A**dmit – Write down two things that they would like to ask forgiveness for.

**Y**ield – what are TWO areas of your life do you need to surrender to God.

**S**ave – who are the THREE people you are praying for on your circle.

**7. Praying the Lord’s Prayer**

Tonight we are going to pray using the prayer that Jesus used to teach his disciples how to pray. This is how he started the prayer: *“Our Father in heaven, hallowed by your name”.* This where we PRAISE. Let’s begin by praising God for who He is…

*“Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread”.* This is REQUEST. There are two parts to request - the first is our request for His kingdom to come - for revival, for more of God in our lives, for this world to become more like heaven, etc. The second part is for the things we need and want like food, clothing and shelter, strength, wisdom or boldness to share the gospel. Let’s begin to make our requests known to God and each other…

*“Forgive us our debts as we also have forgiven our debtors.”* This is where we ADMIT that we are not perfect but if we sin and confess our sins, God is faithful and just and will forgive us our sins and cleanse us from all unrighteousness. Let’s have a time of silent reflection and confession and then maybe we can post something general that others can identify with. The Bible does say we should confess our sins to one another.

*“And lead us not into temptation, but deliver us from the evil one.”* This is where we YIELD. We surrender to God and ask him to have his way in our lives and also to help us walk in the light and avoid temptation.

In our Sunday series we have added a S to the word PRAY which stands for SAVE. This is a time to ask God to use us to draw our lost friends into a saving relationship with himself. Let’s pray for our lost friends…