Spirit-filled Prayer Workshop #1

**The Lord’s Prayer**

The PRAYS Model is a method based on the prayer that Jesus used to teach his disciples to pray that is found in Matthew 6:9-13:

*“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.*

*And forgive us our debts, as we also have forgiven our debtors.*

*And lead us not into temptation, but deliver us from the evil one. ”*

**1. Understanding the PRAY Prayer Model**

**P**raise: “Our father in heaven, hallowed be your name.”

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

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

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

**2. Using the PRAY Prayer Model**

**A. Write a Letter to God Using the PRAY Outline**

**Praise:** Dear God, I thank and praise you because…

**Request:** I ask you, God, to…

**Admit:** I admit that…

**Yield:** God, I yield…

**B. Spend Time in Prayer Using the PRAY Outline**

**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.

**C. Pray Through Psalms Using the PRAY Outline**

**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 a passage from Psalm 71 to guide our prayers: *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.*

***Lord, I ask you to…***

**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 our prayers: *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.*

***Lord, I admit that…***

**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…***

**3. Use the PRAY Prayer Model to Get Youth Praying**

A. Teach the PRAY model and pray during meetings.

B. Use the PRAY model in your pre-service prayer.

C. Start a WhatsApp prayer group. Facilitate an hour of prayer during the week using the outline.

**4. Use the Lord’s Prayer to Encounter God**

I came across a tool some years back called a Dyadic Encounter With God and it was based on the Lord’s Prayer. Each word or phrase of the prayer is introduced and followed by two or three questions causing you to think deeply and engage with God. It is done in pairs (a dyad is a word used to describe the interaction that happens between a pair of individuals) but can be used solo.

**Rules:**

\* There are no right or wrong answers. Answer as you think of feel in the moment.

\* Do not look ahead to the questions that come later.

\* Anything you discuss must be kept confidential.

\* Each partner responds to each statement before continuing.

\* Listen attentively, do not criticise or evaluate your partner’s answers.

\* Answer each statement openly and honestly.

**Our Father**

My relationship with my early father is…

The qualities I want in a father are…

When I think of God as my father, I think of…

**In heaven**

If I were to describe my idea of heaven, I would say it is like…

My most "heavenly" experience so far has been…

I look forward to being with God in heaven because…

**Hallowed**

To me holiness means…

I think of myself as holy when…

When I consider God's holiness, I think of myself…

**Be your name**

People should not abuse God's name because…

When I hear someone abuse God's name, I feel…

If I abuse God's name, I feel…

**Your kingdom come**

When I picture Jesus as a king, I see…

The idea of Jesus as king helps me to…

**Your will be done**

The best way to discover what God wants me to do is…

The person I know who best understands God's will for them is…

**On earth**

I believe God's will for me now is...

What I think is God's will for me now makes me feel…

My biggest problem with doing God's will is...

**As it is in heaven**

The person who has best helped me to grow as a Christian is…

This person has helped me to…

Jesus' statement: "You must be perfect" (Matthew 5:48) make me feel…

**Give us today our daily bread**

The one material thing I most desire right now is…

When I see the belongings of my friends, I feel…

The belongings that I own are…

**Forgive us our debts**

One time I experienced forgiveness was…

I need forgiveness now for…

**As we also have forgiven our debtors**

I have difficulty forgiving someone who…

I need to forgive…

For me to forgive this person means that I must…

**And lead us not into temptation**

My most frequent temptation is…

I usually deal with temptation by…

I successfully deal with temptation when I…

**But deliver us from the evil one**

The greatest evil in the world today is…

If I had the power to change this, I would…

Sometimes I wonder why God allows…

**For yours is the kingdom**

I want Jesus to be my king, but…

If Jesus were truly my king, I would…

**And the power**

I sense the power of God at work when…

I question God's power when…

**And the glory**

Christian can glorify God by…

I think I can glorify God when I…

**Forever**

The concept of forever makes me feel…

The statement: "God is eternal" makes me feel…

**Amen**

Spend a short time in silence with your partner. Then pray for each other - for the doubts, hurts and the joys that you have shared together. Pray for the questions you have about the future and for your relationship with God.