

May 09/10, 2026

“Lord’s Prayer”

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SPEND DAILY TIME WITH GOD AS YOU READ, THINK, PRAY, + ACT.

2026 Focus: 12 Months of Prayer | May: Prayers of Intercession

Each month, journey through a different biblical model of prayer.

Day 1 [Matthew 6:5-13](#) | Powerful Prayers

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.⁸ Do not be like them, for your Father knows what you need before you ask him.

Matthew 6:7-8

Throughout the Bible, we find powerful prayers of men and women pouring out their hearts to God. These prayers provide us with vivid examples of what it looks like to walk with God and communicate faithfully with him. Our new series, “Powerful Prayers,” will consider several of these prayers and what they teach us about how to communicate with God. This week, we consider Jesus’s foundational teaching on how to pray, found in what is now known as “The Lord’s Prayer.”

Jesus’s teaching leading up to this model prayer reminds us we do not need to put on a performance when coming before God in prayer. The “hypocrites” Jesus refers to were those who used spiritual practices, like prayer, to showboat their own piety or spiritual impressiveness. But God is not amused with such antics. His heart is that we would come before him simply and boldly, as a child comes before his or her heavenly father. In prayer, we get to talk with our heavenly Father who sees and knows all we need.

PRAYER DAY #1: As part of this series, we are challenging our church family to fifty days of prayer. Over each of the next fifty days, we will provide you with a daily prayer prompt to guide your communication with God. Today, begin by praying the entire Lord’s Prayer. We will pray it each day this week. As you wrap up, ask God to empower you with the courage and discipline to pray consistently for the next fifty days. Ask God to give you a deeper passion and devotion to prayer in the days that follow.

Day 2 [Matthew 6:9](#) | Prayer is about Relationship

This, then, is how you should pray: “Our Father in heaven, hallowed be your name, Matthew 6:9

A core truth echoed throughout the Bible is that God’s people have been adopted into God’s family. Because of Jesus and his work on the cross, God receives followers of Jesus into his family and adopts them as his own. Though all people are born sinners guilty of rebellion against God, God graciously

rescues and redeems a people for himself through Jesus. As a result, followers of Jesus can come before God in prayer, praying, “Our Father.” Believers are to come before God not as guilty criminals come before a judge, but as cherished sons and daughters come before their gracious Father.

How we think about God will deeply affect how we pray. Do we see him as the loving Father that he is? God the Father revealed his heart for Jesus at Jesus’s baptism: “This is my Son, whom I love; with him I am well pleased” ([Matt. 3:17](#)). This love and delight that the Father has for Jesus is the same love and delight that he has for us in Christ. If we are in Christ—that is, if we have accepted Christ and been adopted into God’s family—then God the Father looks upon us with the same affection he has for his own treasured Son, Jesus. Such thoughts should move us to pray to “Our Father.”

PRAYER DAY #2: God’s love for us is wider, higher, and deeper than we could ever fully fathom. Pray the Lord’s Prayer. As you pray “Our Father” ask God then to help you receive and live in light of his great love. And as you do, praise him for how he has made his love known through the person and work of Jesus.

Day 3 [Matthew 6:10](#) | Prayer is about Alignment

your kingdom come, your will be done, on earth as it is in heaven. Matthew 6:10

Matthew’s biography of Jesus emphasizes Jesus’s coming as the long-awaited king. Jesus is king, and he has established his long-awaited kingdom. But Jesus’s kingdom differs from other kingdoms. It is not a kingdom focused upon political territories or even military power. It is a kingdom that finds its center in the human heart. Jesus’s kingdom is received by faith and implies Jesus becoming King or Lord of one’s life. Proper response to Jesus’s kingdom means we submit ourselves to the desires and decrees of King Jesus. This is the heart behind praying, “your kingdom come, your will be done.”

Putting the will of God first in our lives implies obeying God’s will expressed in Scripture. There are multiple passages in Scripture that expressly state what God’s will is. God’s will for our lives includes, among other things, becoming spiritually mature and abstaining from sexual immorality ([1 Thess. 4:3](#)), giving thanks in all circumstances ([1 Thess. 5:18](#)), doing good ([1 Peter 2:15](#)), and trusting Jesus ([John 6:40](#)). Where might your life be out of alignment with God’s will? Though it is common to stress about discerning God’s will in more ambiguous matters of life (such as where to work or who to marry), God’s primary aim is about the sort of people we are becoming. Are we obeying the clear markers of God’s will revealed in Scripture?

PRAYER DAY #3: Pray the Lord’s Prayer. As you get to “your kingdom come, your will be done” take time to confess any areas of your life that are out of alignment with the will of God. Confess these things honestly and openly to God, trusting that he is the God of grace and forgiveness ([1 John 1:9](#)).

Would you like to go deeper into The Lord’s Prayer? Then tune in to this week’s edition of the Beyond the Weekend Podcast.

Day 4 [Matthew 6:12](#) | Prayer is about Transformation

And forgive us our debts, as we also have forgiven our debtors. Matthew 6:12

Sin is a debt—we have wronged God through our disobedience and are liable for the consequences. But God, through the person and work of Jesus, took our debt to the cross and paid for our sins in their entirety. The debt we owed was paid through the life, death, burial and resurrection of Jesus. Now, there is full forgiveness granted to those who place their trust in Jesus for salvation. Elsewhere, Jesus likened this to a man who essentially owed trillions of dollars in debt but was forgiven in full (see [Matt. 18:21-35](#)). Anyone forgiven such a debt should surely forgive others in return.

To be people of forgiveness, we need to know and embrace the forgiveness of God found in Jesus. Such a commitment to forgive others includes a posture of forgiving past wrongs and even a posture of being willing to forgive sins in advance. Such forgiveness does not mean welcoming abuse or blindly trusting all people. But it does mean extending the same sort of heart posture that has been extended toward us. We have a God who has forgiven us much. So, we are to be people who forgive others in return.

PRAYER DAY #4: Forgiving others can be challenging and complicated. Pray the Lord’s Prayer and as you get to “forgive us our debts, as we also have forgiven our debtors” take time to consider if there is anyone in your life that you need to forgive (or ask for forgiveness). After reflecting upon this, bring this person before God in prayer. In forgiving this person, consider praying something like this: “Father, I release _____ from how they have wronged me. The only way I can forgive much is because you have already forgiven me much. Please help me receive your forgiveness and extend forgiveness in return.”



Day 5 [John 17:6–19](#) | Jesus Prays for His Disciples

This year in Beyond the Weekend, journey through different biblical models of prayer—one each month. May’s focus is Intercession.

My prayer is not that you take them out of the world but that you protect them from the evil one.

John 17:15

Having finished what would be his final meal, Jesus begins to speak to his disciples. He encourages them that they know the Father and promises to send them a helper, the Holy Spirit. And then, he begins to pray. Facing the horrors of the cross, Jesus intercedes for his disciples. He asks God the Father to protect them from the evil one. Not that they would escape the world, but rather they would be sanctified in it. By the truth of his word, Jesus asks God to protect and sanctify them as he sends them into the world. Even in his hour of need, he is thinking of them. He knows that what he is asking them to do will require prayer. And so, he intercedes.

The God of the Universe had us in mind when he prayed for his disciples. A little later, he opens his prayer to include those who come to believe through the disciples’ evangelism ([John 17:20](#)). We are descendants of their original evangelistic efforts. Jesus’s prayer for protection and for the sanctification of his disciples is a prayer that he makes for us. He intercedes that we, too, might endure the challenges of our cultural moment. He is praying for our spiritual growth, that we might look a little more like him day by day. He does not desire us to be taken out of the world. Instead, he sends us out. We are invited to follow in the footsteps of the disciples.

PRAYER DAY #5: This week we've been learning to pray through Jesus's model. Today we see him praying for us. Start your time of prayer with the Lord's Prayer. As you conclude remind yourself that not only are you praying, but that Jesus prayed for you. Ask God to help you handle difficulties differently knowing that the God of the Universe is praying for you. Thank Jesus for the ways he has been interceding on your behalf.

Day 6

PRAYER DAY #6: Pray the Lord's Prayer. Reflect on Jesus's model prayer as you pray, possibly even expanding on each line as you go, like this: "Our Father, I thank you that you are our Father in Jesus and that you have adopted us into your family. May we know your love and grace in deeper measure today."

Day 7

PRAYER DAY #7: Pray the Lord's Prayer. Thank God for the beautiful example he gives us on how to pray. Jesus tells us to pray "hallowed be your name". It's a prayer longing for God to be recognized for who he truly is. As a prayer, sing with our worship team, "[How Great Thou Art](#)." As you sing (and after you sing), praise God for his faithfulness and character.