

T H E

heart



soul

D E V O T I O N A L

the lord's prayer

WEEK THREE: AN INTRODUCTION



MATTHEW 6:9-13

reflect

Take a moment and reflect on the sermon from Sunday, October 29th 2023. You can watch or listen to it at cornerstoneboulder.org/sermons (select the third message in the Heart & Soul series). Read through The Lord's Prayer a few times and allow the words to wash over you as you close out your day.

THIS, THEN, IS HOW YOU SHOULD PRAY:

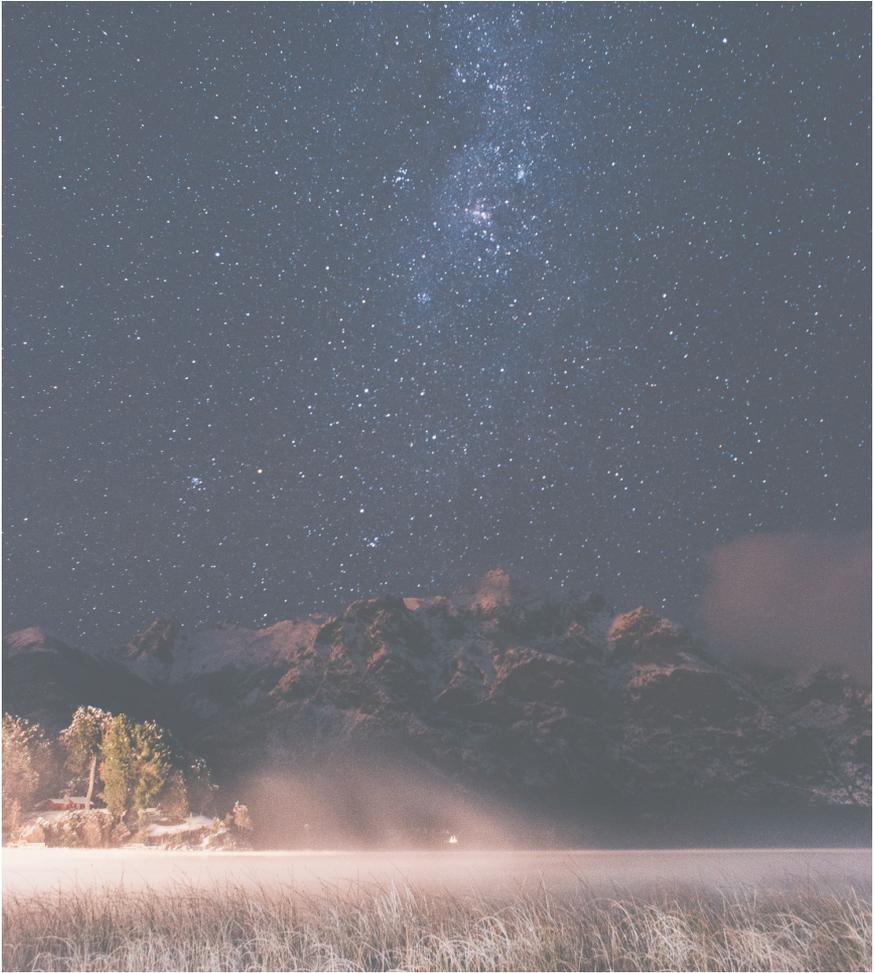
**OUR FATHER IN HEAVEN, HALLOWED BE YOUR
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DONE, ON EARTH AS IT IS IN HEAVEN. GIVE US
TODAY OUR DAILY BREAD. AND FORGIVE US
OUR DEBTS, AS WE ALSO HAVE FORGIVEN OUR
DEBTORS. AND LEAD US NOT INTO TEMPTATION,
BUT DELIVER US FROM THE EVIL ONE.**



MATTHEW 6:9-13

the lord's prayer

DAY ONE



MATTHEW 6:9-13

A N I N V I T A T I O N



For many listening to Jesus' Sermon On The Mount, prayer was a public act addressed to a distant God. Yet Jesus' instructions were an invitation to a personal conversation with God as Father. With this radical new approach He merges the transcendence of the God in heaven with His intimate interaction in daily life. He intertwines the reality of The Kingdom with struggles on earth. Jesus reveals that prayer is more than making requests but an alignment of our heart and soul with desires of the listening, loving, Living God.

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MATTHEW 6:9-13

E N C O U N T E R

Much like the original audience, we can view prayer as requests to a distant God. Yet Jesus invites us to pray as He prayed, to His and our Father. As we begin to do this, our prayers move from religious rituals to encounters with The Holy One who hears and cares. We lift our heart and soul to the one worthy of praise, who provides for our needs and forgives our failures. We learn to trust His guidance, call out for His protection and see things from His perspective.

the lord's prayer

DAY TWO



MATTHEW 6:9-13

FATHER

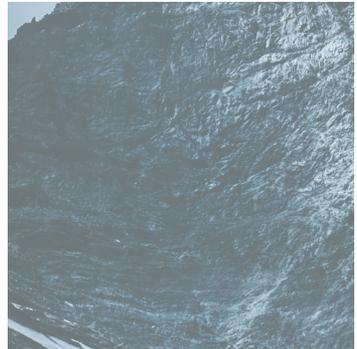
Take a moment and say the words below from this week's passage out loud three times.

"Our Father in heaven,
hallowed be your name,"

Personalize the passage
and make it a statement of
praise. "My heavenly Father,
holy is your name"

Write on a piece of paper,
type in your phone or on
your computer "My heavenly
Father, holy is your name"

Throughout the day return to
this phrase and speak it out
loud as an act of worship,
prayer and a reminder
that the Holy God is your
Heavenly Father.



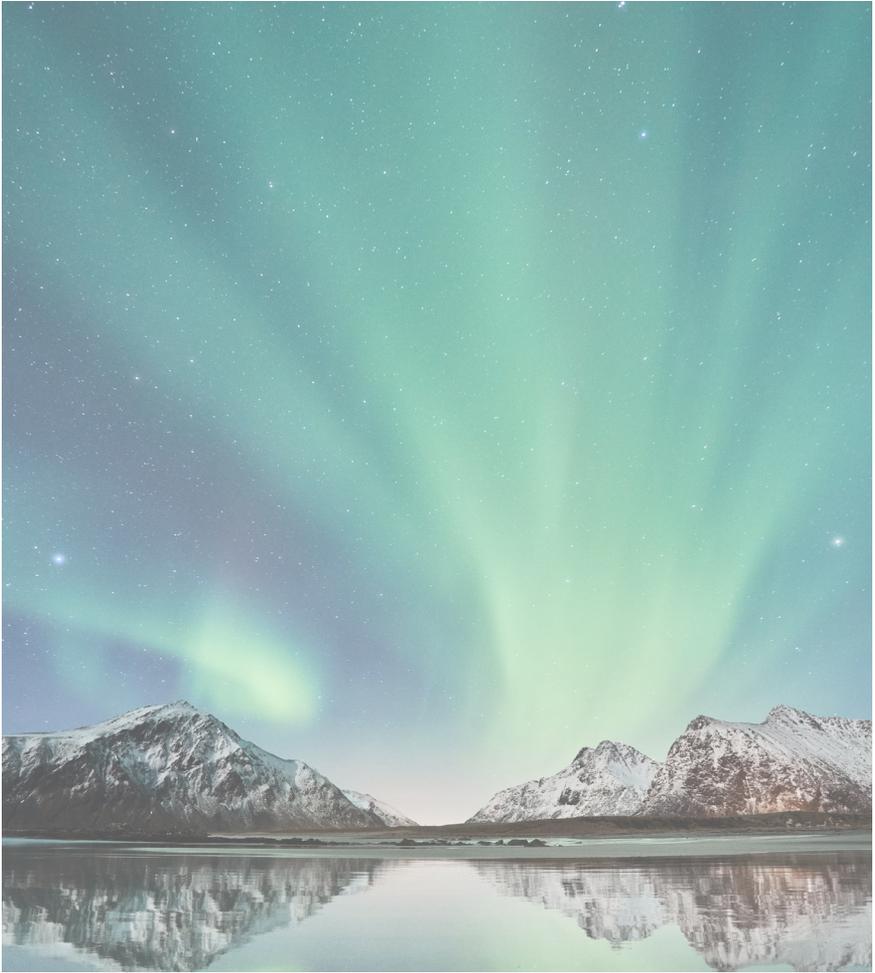
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MATTHEW 6:9-13

the lord's prayer

DAY THREE



MATTHEW 6:9-13

L I V I N G W O R D

Read the section from this week's passage slowly three times. 'Your kingdom come, Your will be done, on earth as it is in heaven.'

Now ask the Holy Spirit to highlight a word or phrase from this section as you read it again.

'Your kingdom come, Your will be done, on earth as it is in heaven.'

As you read the section again ask the Holy Spirit to give you a thought or feeling that goes with the word or phrase He has highlighted.

Read the section one last time and ask the Holy Spirit how you are to respond to the word or phrase, thoughts or feelings?

Take a moment and praise God for speaking to you through His Living Word.

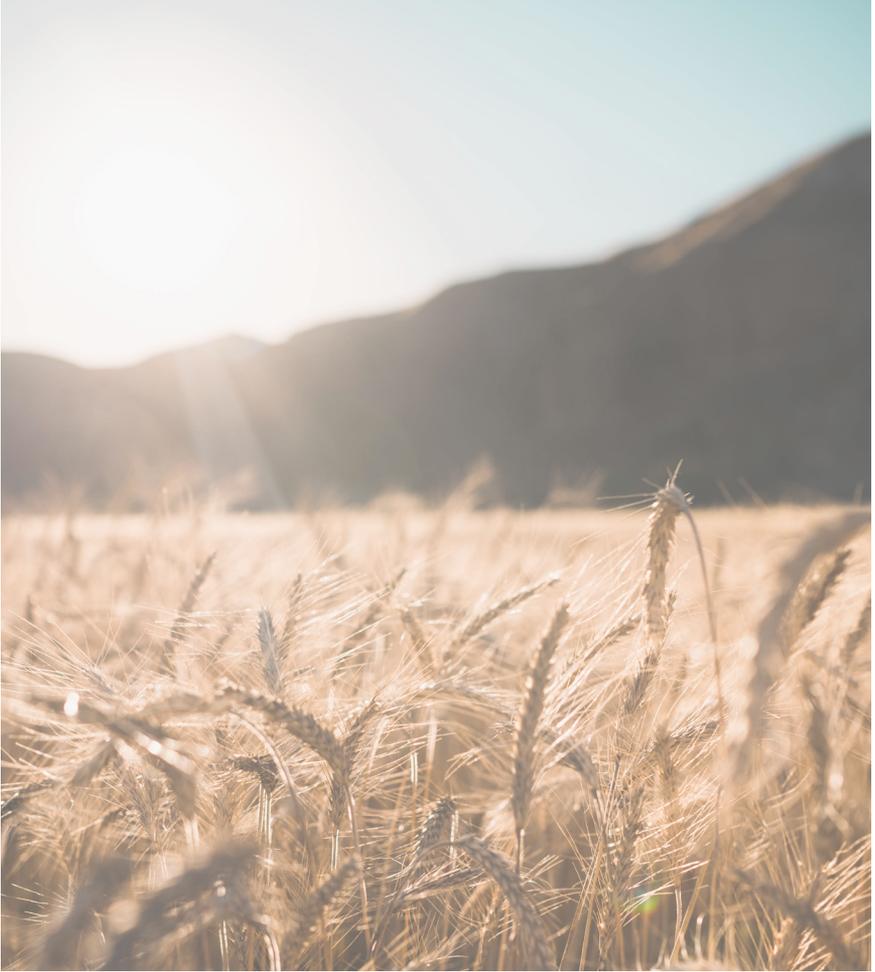
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the lord's prayer

DAY FOUR



MATTHEW 6:9-13

D A I L Y B R E A D

Read through Matthew 6:9-13 a few times. As you read, 'Give us today our daily bread', take a moment and think about what you need today.

On a piece of paper write down all the things that come to mind. (It can be as short or as long as you want).

After you have finished writing, ask the Holy Spirit to help you discern what on your list are needs for today and what are desires for the future.

As you have edited your list, turn your daily needs into a prayer.

My Father, give me ____ today.

Finally take a moment to reflect on how God has provided for you in the past. As an act of recognition and gratitude, thank Him for His faithfulness and provision.

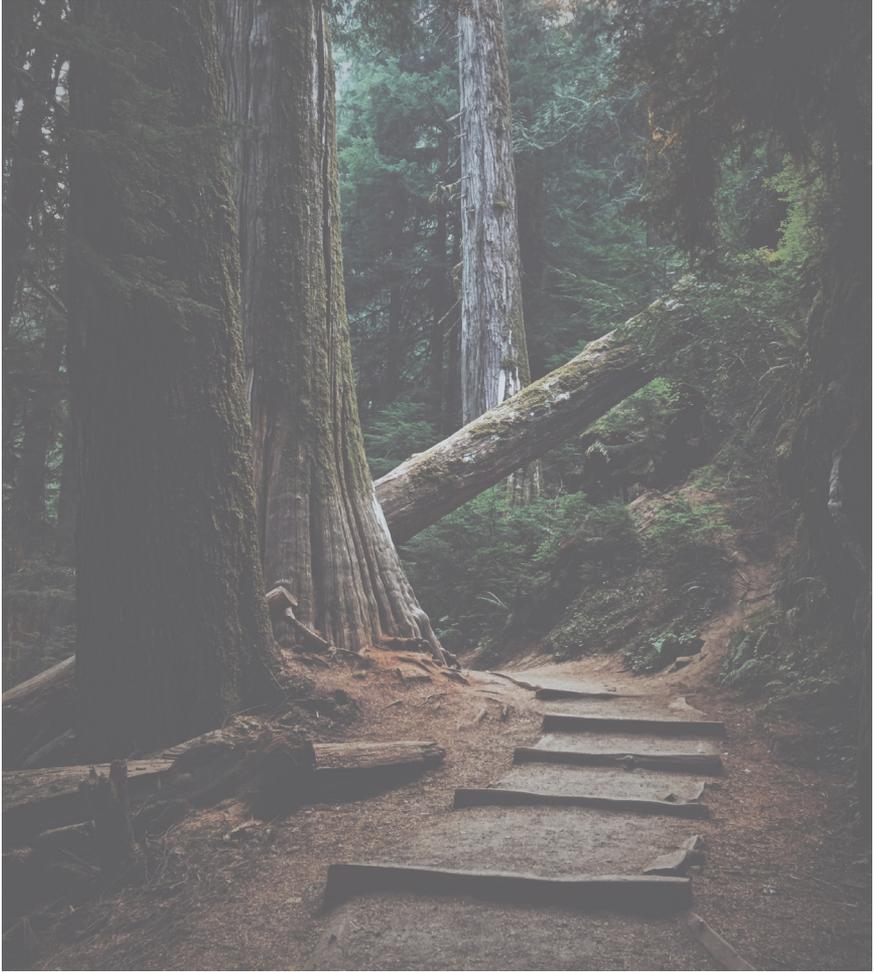
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the lord's prayer

DAY FIVE



MATTHEW 6:9-13

F O R G I V E

Read the section from this week's passage a few times.

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

Invite the Holy Spirit to be present to you as you reflect on these words.

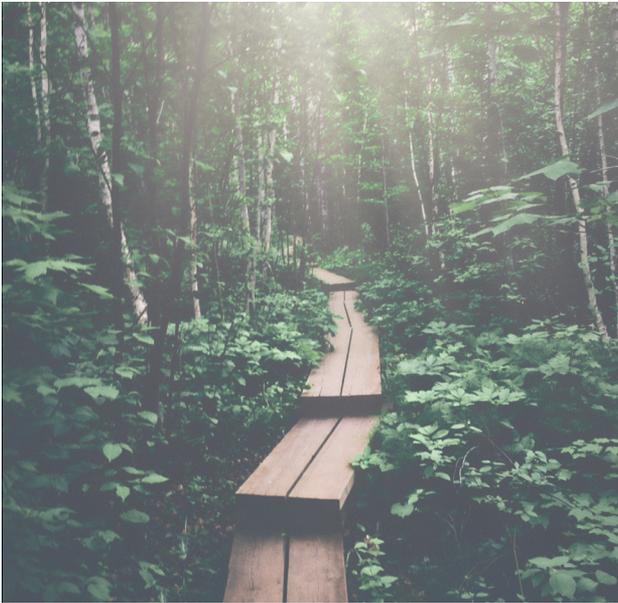
Ask The Holy Spirit to bring to mind something you need to ask God for forgiveness for. Don't try to rehearse all the ways you have sinned but simply ask The Holy Spirit to show you. Remember that all have fallen short of the glory of God and are in need of forgiveness (Rom. 3:23).

As The Holy Spirit helps you identify something, confess it to the Lord and ask for forgiveness.

Allow the conviction of The Holy Spirit to be met with the grace of Jesus.

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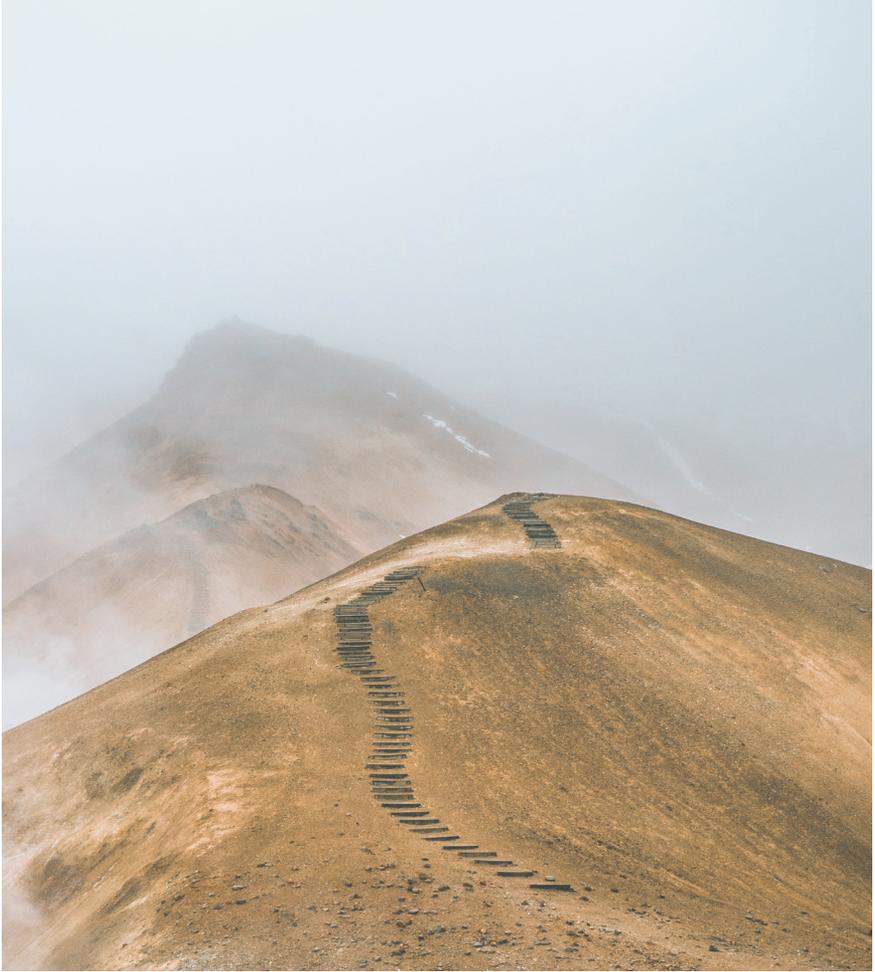
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DAY SIX



MATTHEW 6:9-13

your path

Read the section from this week's passage a few times. 'And lead us not into temptation, but deliver us from the evil one.'

As you reflect on these words, ask the Holy Spirit to help you identify an area of your life where you are tempted to veer from the path of God's will.

Ask The Holy Spirit to give you strength to resist this area of temptation and lead you on the path of righteousness.

Finally read the Psalm 16:11 as a reminder of God's guidance and protection.

'You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.'

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TO LEARN MORE ABOUT
THE HEART & SOUL PROJECT VISIT
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BRINGING HEALTH AND WHOLENESS
TO OUR COMMUNITY