



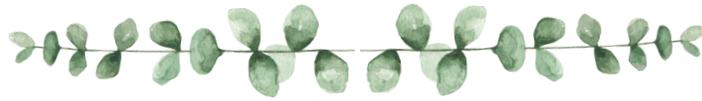
*Hallowed Be  
Thy Name*

PRAYER JOURNAL

By Tori Carver  
Know the Author Ministries



# Hallowed Be Thy Name



Monday:

Read Matthew 6:5-15

*Have you ever felt awkward when praying to God? You may feel like you have to convey a certain formality, you may feel like you don't know what to say, or maybe you're just wondering if God really hears what you're saying.*

Thankfully, Jesus gives us the answer. In Matthew 6:5-15, He tells us how to pray. We tend to overcomplicate the concept, but He lays it out quite simply.

*The beautiful thing about prayer is that, although it's simple, it is one of the most powerful weapons we have as Christians.*

Sure, we can bring little things to God, but we can also bring big things to God. Prayer is where we display faith, expectancy, and hope for every situation we find ourselves in. It's where we ask God to show up and provide for our every need, as well as the needs of others.

In this seven-day guided prayer journal, you will go deeper into the prayer that Jesus laid out for us and learn how to apply it to your own life. Through devotionals, journaling, and guided prayer prompts, you will gain more confidence to go freely to the Father in prayer, and a better understanding of the humble, yet bold manner Jesus taught us to pray. You will have the opportunity to work through things that are holding you back from deepening your prayer life and come out with tools that you can take to God and ask Him to sharpen.

*Our prayer is to make prayer warriors out of everyone who receives this journal. God has so much in store for you, and our hope is that He will reveal to you a word that will transform your prayer life.*



Tuesday:

Scripture: Matthew 6:5-14

**But when you pray, go into your private room, shut your door, and pray to your Father who is in secret. And your Father who sees in secret will reward you.**

**Matthew 6:6**



As Christians, we have developed a unique skill to make things as complicated as possible. One thing that we really tend to overcomplicate is our prayer life. Sometimes we feel like it needs to be more formal, or have a certain language or tone; but God intended for prayer to be one simple thing - *a conversation*. *God is your heavenly Father - your creator. He loves you more than you can comprehend, and He desires a relationship with you.* And one of the biggest keys to any successful relationship is communication!

Before Jesus even begins to tell us how to pray, He reminds us of one thing that needs to be in the right place - our heart posture. The Bible tells us that:

*"...the mouth speaks from the overflow of the heart" (Matthew 12:34)*

As much as God craves a relationship with us, He also wants our hearts to long for Him. After all, that's the reason why David was chosen as king of Israel. Our words, whether we believe them or not, reveal the posture of our hearts. This is one of the very things Jesus warned about in this passage of scripture. He warned us about people who pray with extra frilly language; their hearts are not set on God, but on impressing others.

If you're someone who struggles with what to say in your prayers, take a moment for some internal reflection and think about why you don't know what to say. Do you feel like you have to say certain words to impress God? Or maybe to impress others when praying out loud? If there's one thing God cares about when it comes to your prayer language, it's the intention behind it. You can bring whatever you want to Him in whatever language you choose - just speak from the heart, but not just any heart with good intentions - a heart that seeks after God.

*Pray from a heart that's seeking a relationship with Him and His perfect will for your life. Pray from a heart that longs to seek the voice and direction of the Holy Spirit, not the voice of others.*



**How is your prayer language different in front of others versus just you and God?**

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**What is holding you back from talking to God more?**

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**What kind of things do you generally find yourself talking to God about?**

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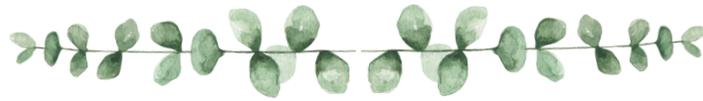


Wednesday:

Scripture: Matthew 6:9-10

**Your Kingdom come, your will be done, on earth as it is in heaven.**

**Matthew 6:10**



You've got your heart in the right place for communing with God, but you're wondering - *What do I even say?* Thankfully, there's a verse for that! Jesus gave us clear instructions on how to pray during His time on Earth. Even though many people follow this prayer word for word, it's not a requirement. We can use it as merely a guide for effective prayer.

Matthew 6:9 starts the Lord's prayer with giving praise to God. When Jesus says, "*hallowed be Your name,*" He is reminding us to praise God for who He is. God is holy, infinite, all-knowing, all-powerful, and omnipresent. This verse says:

*"No one is holy like the Lord! There is no one besides you; there is no rock like our God." (1 Samuel 2:2)*

God is incapable of being in the presence of sin because He is holy on a level so far above our level of simple existence on Earth. These characteristics of God make Him seem so unreachable and unattainable, and yet, He is also a God full of goodness, love, and mercy with a desire for a personal relationship with every one of us. In this time, *praise God for what He has done, for what He has created, how He has provided for you, and how He has shown up in your life.*

Verse 10 gives us a reminder that God is the one in control - *not us*. It's our nudge to relinquish control and allow God to take over. One crucial aspect of God's will is that it is perfect - *there are no mistakes*. Every bit of it holds great intention, and there is nothing better. This is something we tend to forget when we find ourselves in the midst of a storm while trying to keep our heads above water. Many times we end up making the situation worse by trying to fix it the way our minds think we should. When you find yourself holding on to control of a situation, ask yourself *why*. *Do you trust God to handle it?* Remember, no matter what battle you're fighting *today*, God is already in front of you with the victory of *tomorrow*. Everything God does is praiseworthy, even if you can't see it right away.

*Allow Him to take over whatever battle you're facing, and let Him reveal the powerful testimony He already has for you.*



**List some blessings in your life where you can give God praise.**

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**What attribute of God is the most meaningful to you? How has God used this to show up for you?**

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**What situations are you facing that you are afraid to relinquish control?**

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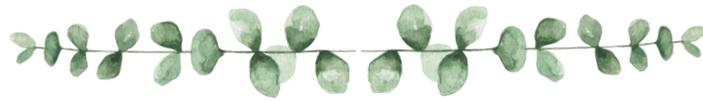


Thursday:

Scripture: Matthew 6:11

**Give us this day our daily bread.**

**Matthew 6:11**



In Western culture, we've evolved into a society filled with consumerism. We overspend, hold onto all kinds of material things, and we want everything as fast as we can get it. Unfortunately for us, Satan runs with this. We start keeping up with the Joneses, feeling like what we have isn't enough, losing sight of the blessings we already have, and we can get ourselves in a pickle real quick if we don't pay attention.

Long before Jesus told us how to pray, God's people found themselves in a unique situation. Having just escaped the bondage of slavery in Egypt, they were being led by Moses through the wilderness on their way to the promised land - a land with abundantly flowing milk and honey - but God had to lead them there. In doing this, God also had to provide for them on their journey. **Exodus 16:16-20** tells us that God gave the Israelites manna while wandering in the desert. It would appear on the ground with the dew of the morning and be used to make bread to fuel their journey. However, God put one stipulation on it: they could only use enough to feed themselves for that day (unless it was the day before Sabbath). If they tried to keep any overnight, it would rot with worms.

*God's provision is always exactly what we need, but not always what we want.*

This doesn't mean God won't ever give us an abundance of blessings, but it does mean that His ways are sufficient. Take a step back and don't just think about this materially - God provides for our every need - be it physically, emotionally, or spiritually. **John 6:47-51** tells us that Jesus is the bread of life. When you seek Jesus in every need, He will provide and make you filled. You may not have an abundance of material wealth, but your joy and spiritual endurance will never run out when you seek a relationship with Jesus every day.

*Everything we have comes from God, and he will always provide exactly what you need in every situation when you ask. By doing this, you'll find yourself focusing less on what you don't have, and more on the blessings God has already put right in front of you.*



**How has God provided a need for you recently?**

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**What are some needs in your life where you want to see God move?**

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**How much of your material possessions and purchases come from a heart posture of wanting to impress others, and what comes from a true heart of need?**

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Friday:

Scripture: Matthew 6:12-15

**For if you forgive others their trespasses, your heavenly Father  
will also forgive you.  
Matthew 6:12**



It's inevitable at some point in your life, someone is going to hurt you. Whether a minor cut or a deep wound, there's no escaping the harsh words or actions of others towards you. In fact, Jesus tells us in scripture that we will be hated because of our faith (John 15:18-19). We can't control what others do to us, but we can control our response. The final part of the Lord's prayer Jesus lays out for us is the touchy topic of forgiveness. Forgiveness is one of the key components of our reaction to a transgression. However, there is a stark reminder in verse 15:

*"But if you do not forgive others their trespasses, neither will your Father forgive your trespasses." Matthew 6:15*

On the surface, this seems kind of harsh, but there is something deeper here to think about within these words. Take a moment to read **Matthew 18:21-35**, the parable of the unforgiving servant. Much like this servant, we owe a debt we cannot pay. The gift of full pardon from Jesus is a precious gift. *When we truly accept this gift into our hearts, we are reborn, washed clean and given a new purpose.* Our purpose as Christians is to love God and love others. We are called to make disciples - to bring a message of hope and redemption to the lost. We are called to be like Christ, providing love and mercy to those who deserve it just as much as those who don't. Who are we to receive forgiveness from Jesus Christ himself, then turn around and be unwilling to offer it ourselves?

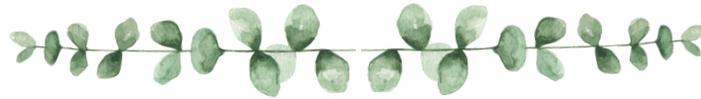
This is not all to say that forgiveness is suddenly easy once you become a Christian. In fact, I personally think forgiveness is harder once you become a Christian because you now know it's a requirement. You can't just hold a grudge and wait around until you're ready to let go. God wants you to forgive the way Christ forgave us. When we do not forgive, it's like drinking poison and expecting the other person to die. It may be the hardest thing you ever do, but through the power of the Holy Spirit, you can get through your forgiveness journey, and you never know how God is going to bless you, as well as your transgressor. Forgiveness is messy, but it is also beautiful.

*When you let God take control of the situation, it really can change your entire life.*









As you have discovered this week, prayer is a powerful tool in our Christian toolboxes. Although we can tend to overcomplicate it, Jesus actually laid it out quite simply for us. He gave us a few key points to follow in our prayer life:

1. Go to God with a humble heart. Whether alone or in front of others, God just wants a heart after His own and prayers that reflect that. He knows what you're going to say before you even say it, so don't worry about pretty language or a specific tone. Just be real with God.
2. Give God the glory! He is holy and infinite, far beyond our understanding. He is doing miraculous works in your life and helping you move mountains. Honor God for who He is, and give Him ownership of the battles you're facing today.
3. Ask God to meet your needs. He already knows exactly what you need, and as much as we try to make it on our own, we are simply incapable. If you have something you need to see movement on, ask God to show up, and He is sure to answer your prayers (though it may not always be how you anticipate).
4. Repent to God for your wrongdoings. Don't listen to the enemy trying to shame you out of confession, but instead, receive the grace and forgiveness of God. At the same time, submit to God's word by choosing to forgive others. It's not always easy, but God is always willing to help, and will honor your commitment to His commands.

Think back on the prayers you prayed this week, and reflect on how your prayer language has changed. *Do your prayers seem to be deeper or more bold? Are any of your prayers something you feel needs to continue being lifted up?* Write your prayers down on an index card and put them up where you see them every day. Every time you think about it, lift it up in prayer. Pick a scripture that relates to your situation and pray that scripture out loud over your situation. As much as prayer is a powerful weapon in your spiritual armory, your bible is a sword (**Ephesians 6:17**). Commit verses to memory, and pray them over yourself, your family, even your community.

*You have the ability through the power of the Holy Spirit to be a prayer warrior. Surrender to the Lord - let Him transform you into the spiritual warrior He is calling you to be.*



**In what ways do you feel more confident in your ability to go to the Lord in prayer?**

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**What areas do you want the Holy Spirit to help you make your prayer language stronger?**

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**What are some steps you can take to put into action what you've learned this week?**

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# Sermon Notes

**Sunday:**

**Location:**

**Pastor/Speaker:**

**Theme or Main Topic:**

**Notes:**

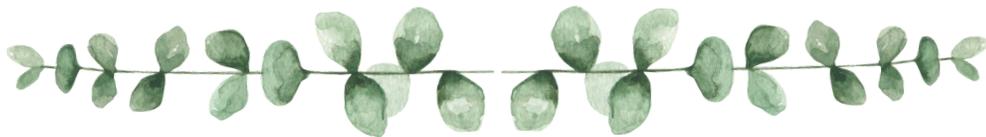








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