

# Teach Us to Pray

## A Prayer Menu

| Focus Goal                                      | My Heart (IN)<br><i>Enter my own heart</i>   | My World (OUT)<br><i>Consider my situation + others around me.</i>   | My God (UP)<br><i>Enter God's Heart</i>   |
|---|--|--|---|
| <b>Compassion</b><br><br><i>Care for person</i> | <b>1. Feel?</b><br>Where am I? How am I feeling?<br>Tense? Anxious?<br><br><i>Give us this day our daily bread</i>   | <b>2. Compassion?</b><br>How do I love those around me?<br>How do I incarnate? What is their world like? What do they want?  | <b>3. Enjoy?</b><br>Thanking & enjoying God.<br><br><i>Our Father in Heaven, hallowed me your name.</i>                                       |
| <b>Honesty</b><br><br><i>Care for truth</i>     | <b>4. Repent?</b><br>Do I repent? Do I have a hidden sin? What does God's Word say to me?<br><br><i>Forgive us our debts... lead us not into temptation</i>                                    | <b>5. Honest?</b><br>Do I need to speak the truth to someone? What concerns me about this person? What do I want God to do in their heart?<br><br><i>As we forgive our debtors</i> | <b>6. Lament?</b><br>Lament? Do I need to open up my broken heart to God?<br><br><i>My God, my God, why have you forsaken me? (Mk. 16:34)</i> |
| <b>Dependence</b><br><br><i>Our will</i>        | <b>7. Desire?</b><br>What do I want? Wait and pray? Am I pushing my will into this situation?<br><br><i>Abba, Father, all things are possible for you. Remove this cup from me (Mk 15:36a)</i> | <b>8. Wait? Do?</b><br>Do I push into this situation out of love? Do I surrender? Yes? No?<br><br><i>Your kingdom come</i>   | <b>9. Watch?</b><br>What is God doing? What is the story? How do I pray?<br><br><i>Your will be done on earth as it is in heaven.</i>         |

Three Patterns of Jesus