

## **Prayer Uncomplicated**

Matthew 6:5-18 (New Living Translation)

5 "When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get.

6 But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

5" And when you come before God, don't turn that into a theatrical production either. All these people making a regular show out of their prayers, hoping for stardom! Do you think God sits in a box seat?

Prayer is about communication with God

6" Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

It is about intimacy

It is about honesty

It is relational

7 "When you pray, don't babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. 8 Don't be like them, for your Father knows exactly what you need even before you ask him!

7-8" The world is full of so-called prayer warriors who are prayer-ignorant. They're full of formulas and programs and advice, peddling techniques for getting what you want from God. Don't fall for that nonsense. This is your Father you are dealing with, and he knows better than you what you need. With a God like this loving you, you can pray very simply.

**9 Pray like this:**

**Our Father in heaven, may your name be kept holy.**

When you pray, allow your faith to be strengthened by acknowledging and reflecting upon the intimacy of our relationship with the Father through Jesus Christ.

*Prayer involves worship of the heavenly Father.*

- 1) As Father, God loves us, cares for us and welcomes our fellowship and intimacy; through Christ we have access to Him at any time to worship Him and communicate our needs to Him.
- 2) God as Father does not mean that He is like an earthly father who tolerates evil in his children or fails to discipline them correctly. God is a Father of holiness who must oppose sin. He will not tolerate evil, even in those who name Him as Father. His name must be "hallowed."
- 3) Hence as a heavenly Father He can punish as well as bless, withhold as well as give, act with justice as well as mercy. How He responds to His children depends upon our faith and obedience to Him.  
(Full Life Study Bible)

*Taking God's name "in vain" included making a false promise by it, pronouncing it insincerely or thoughtlessly, or cursing or blaspheming. God's name must be hallowed, honored, and respected as profoundly sacred, and it may be used only in a holy manner. (Full Life Study Bible)*

In our society it is a common to not only take the Name of the Lord in vain but also to treat it as common, and it is not common.

***Every Christian ought to be ready to stand up courageously and unashamedly for the Lord. How inconsistent that a person redeemed by the blood of Christ experiencing saving power should cower before an unbelieving world!***

***On one occasion Frederick the Great invited some notable people to his royal table. Including his top-ranking generals. One of them by the name of Hans von Zieten declined the invitation because he wanted to partake of communion at his church.***

***Some time later at another banquet Frederick and his guests mocked the general for his religious scruples and made jokes about the Lord's supper. In great peril of his life, the officer stood to his feet and said respectfully to the monarch, "My lord, there is a greater King than you, a King to whom I have sworn allegiance even unto death. I am a Christian man, and I cannot sit quietly as the Lord's name is dishonored and His character belittled."***

***The guests trembled in silence, knowing that von Zieten might be killed. But to their surprise, Frederick grasped the hand of this courageous man, asked his forgiveness, and requested that he remain. He promised that he would never again allow such a travesty to be made of sacred things.***

*The greatest concern in our prayers and life should be the hallowing of the name of God. It is of utmost importance that God Himself be revered, honored, glorified, and exalted. In our prayer and daily walk we must be intensely concerned with the reputation of God, His church, His gospel, and His kingdom. To do something that brings scandal upon the name and character of the Lord is a hideous sin that puts Him to open shame.*

*(Full Life Study Bible)*

## **10 May your Kingdom come soon. May your will be done on earth, as it is in heaven.**

Matthew 3:1-2 (NKJV) "In those days John the Baptist came preaching in the wilderness of Judea, 2 and saying, "Repent, for the kingdom of heaven is at hand!"

Matthew 4:17 (NKJV) "From that time Jesus began to preach and to say, "Repent, for the kingdom of heaven is at hand."

Luke 17:20-21 (NKJV) "Now when He was asked by the Pharisees when the kingdom of God would come, He answered them and said, "The kingdom of God does not come with observation; 21 "nor will they say, 'See here!' or 'See there!' For indeed, the kingdom of God is within you."

Romans 14:17 (NKJV) "for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit."

## **11 Give us today the food we need,**

The biggest obstacle to walking in the revelation of God's character and nature, and living in the fullness of God's will and the manifestation of the Kingdom of God is us! Once we take that first step, we begin to walk in His supernatural provision daily by praying. "Give us this day our daily bread."

John 6:31-35 (NKJV) "Our fathers ate the manna in the desert; as it is written, 'He gave them bread from heaven to eat.'" 32 Then Jesus said to them, "Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. 33 "For the bread of God is He who comes down from heaven and gives life to the world." 34 Then they said to Him, "Lord, give us this bread always." 35 And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.

John 6:47-51 (NKJV) "Most assuredly, I say to you, he who believes in Me has everlasting life. 48 "I am the bread of life. 49 "Your fathers ate the manna in the wilderness, and are dead. 50 "This is the bread which comes down from heaven, that one may eat of it and not die. 51 "I am the living bread which came down

from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world."

Matthew 6:33-34 (NKJV) "But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Psalms 68:19 (NKJV) Blessed be the Lord, Who daily loads us with benefits, The God of our salvation! Selah

## **12 and forgive us our sins, as we have forgiven those who sin against us.**

As we look at the Lord's instruction on prayer we see that the first things involve the revelation of who He is, of what His desire for us is and then He brings us to deal with His provision for us. Next he begins to deal with those things that will hinder His purposes for our lives, sin, unforgiveness and temptation.

Matthew 6:12 and forgive us our sins, as we have forgiven those who sin against us.

***Begin to bless and not curse, it will bring you tremendous release.***

***Much energy is expended in keeping our angers, hurts and fears pushed down. We are often not even in touch with those things in ourselves. But as we live in mercy and grace, releasing and forgiving others from these issues, we will find His yoke is easy and His burden is light. – John Arnott***

***We can't have it both ways. If I am going to say I want justice because someone hurt me, then I cannot ask for mercy for myself. That is what the wicked manager did. When I try to exact justice, I have fallen from the place of grace and mercy, back to what is fair. – John Arnott***

Luke 6:37-38 (NKJV) "Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven. 38 "Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. ***For with the same measure that you use, it will be measured back to you.***"

***Holding on to hurts and judgments is a luxury you and I cannot afford. It is like giving Satan a key to your house. – John Arnott***

Matthew 5:7 (NKJV) Blessed are the merciful, For they shall obtain mercy.

**13 And don't let us yield to temptation, but rescue us from the evil one.**

***Christ saw it needful to show his disciples what must commonly be the matter and method of their prayer. ... We are taught to hate and dread sin while we hope for mercy, to distrust ourselves, to rely on the providence and grace of God to keep us from it, to be prepared to resist the tempter, and not to become tempters of others. Here is a promise, If you forgive, your heavenly Father will also forgive. We must forgive, as we hope to be forgiven. Those who desire to find mercy with God, must show mercy to their brethren. Christ came into the world as the great Peace-maker, not only to reconcile us to God, but one to another.***  
– Matthew Henry

The biggest obstacle to walking in the revelation of God's character and nature, and living in the fullness of God's will and the manifestation of the Kingdom of God is us! Once we take that first step, we begin to walk in His supernatural provision daily by praying. "Give us this day our daily bread." Then we need to release and be released from the sins and hurts of the past in order to be free to serve God and carry out His will for our lives. We must then walk in an attitude of trust and reliance upon God and His grace to keep us through temptation and by His Holy Spirit give us strong direction to keep us on track walking in His will for our lives.

As we look at the Lord's instruction on prayer we see that the first things involve the revelation of who He is, of what His desire for us is and then He brings us to deal with His provision for us. Next he begins to deal with those things that will hinder His purposes for our lives, sin, unforgiveness and temptation.

And do not lead us into temptation, But deliver us from the evil one.

1 Corinthians 10:13 (NKJV) No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

***...God is faithful. A professing believer may not justify sinning with excuses that he is simply human and thus imperfect and thus imperfect, or that in this life all born-again believers continue sinning in word, thought, and deed. At the same time Paul assures the***

***Corinthians that no true believer need fall from the grace and mercy of God.***

1. The Holy Spirit explicitly affirms that God provides His children with adequate grace to overcome every temptation and thus to resist sinning. God's faithfulness expresses itself in two ways:
  - a) He will not allow us to be tempted above that which we can bear, and
  - b) He will with each temptation provide a way by which we can endure the temptation and overcome sin.
2. The grace of God, the blood of Jesus Christ, the Word of God, the indwelling power of the Holy Spirit, and the heavenly intercession of Christ bring sufficient power for the believer's warfare against sin and the spiritual forces of wickedness.
3. If the Christian yields to sin, it is not because Christ's provision of grace is inadequate, but because the believer fails to resist his own sinful desires by the power of the Spirit. God's "divine power has given unto us all things that pertain unto life and godliness", and through the salvation provided by Christ we can "walk worthy of the Lord, fully pleasing Him, being fruitful in every good work ... strengthened with all might, according to His glorious power, for all patience and long-suffering with joy;" (Col 1:10-11). We can "bear" every temptation and "escape" if we sincerely desire to and depend upon the faithfulness and power of God.

14 "If you forgive those who sin against you, your heavenly Father will forgive you. 15 But if you refuse to forgive others, your Father will not forgive your sins.

14-15 "In prayer there is a connection between what God does and what you do. You can't get forgiveness from God, for instance, without also forgiving others. If you refuse to do your part, you cut yourself off from God's part.

**Recap**

Matthew 6:5-18 (The Message)

"And when you come before God, don't turn that into a theatrical production either. All these people making a regular show out of their prayers, hoping for stardom! Do you think God sits in a box seat?

Prayer is about communication with God

6"Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

It is about intimacy

It is about honesty

It is relational

7-13"The world is full of so-called prayer warriors who are prayer-ignorant. They're full of formulas and programs and advice, peddling techniques for getting what you want from God. Don't fall for that nonsense. This is your Father you are dealing with, and he knows better than you what you need. With a God like this loving you, you can pray very simply.

Like this:

Our Father in heaven,  
Reveal who you are.  
Set the world right;  
Do what's best— as above, so below.  
Keep us alive with three square meals.  
Keep us forgiven with you and forgiving others.  
Keep us safe from ourselves and the Devil.  
You're in charge!  
You can do anything you want!  
You're ablaze in beauty!  
Yes. Yes. Yes.

16 "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. 17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

**16-18**"When you practice some appetite-denying discipline to better concentrate on God, don't make a production out of it. It might turn you into a small-time celebrity but it won't make you a saint.

If you 'go into training' inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn't require attention-getting devices. He won't overlook what you are doing; he'll reward you well.

**Prayer Uncomplicated**