“How to Pray – Forgiven to Forgive”

*(Matthew 6:12-14)*

*Prayer is one of those things most people feel they don’t do well. We pray when we want something, when we are in trouble. We pray by routine – for our meals... If we are honest, we are frustrated because our prayers don’t get the results we are looking for. We conclude God doesn’t answer prayer, doesn’t care, and maybe He isn’t even there.*

*Are we doing it wrong?*

*Luke 11:1 …one of his disciples said to him, “Lord, teach us to pray*

**Get rid of the PRETENSE**

**Go to a quiet PLACE**

*9Pray like this: Our Father in heaven, may your name be kept holy.*

**Adjust your PERSPECTIVE**

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

**SURRENDER your will to His PURPOSE**

**Then, once we have set aside PRETENSE, found a PLACE, adjusted PERSPECTIVE, and aligned our will with His PURPOSES – then ask**

Jesus teaches to pray for PROVISION, PARDON, and PROTECTION…

*11Give us today the food we need,*

**Recognise God’s PROVISION**

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

**Enlist God’s PROTECTION**

*12and forgive us our sins, as we have forgiven those who sin against us. 14“If you forgive those who sin against you, your heavenly Father will forgive you. 15But if you refuse to forgive others, your Father will not forgive your sins.*

**Request God’s PARDON**

**We forgive because we have been FORGIVEN**

**When we forgive we experience FREEDOM**

*Eph 4 31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

*Matt 7 5Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend’s eye.*

There is no magic formula. No easy answers… But let me give you a few thoughts that may help you journey towards forgiveness…

* **Forgiveness is not a one off decision**
* **Forgiveness is not about your feelings**
* **Forgiveness is not forgetting**
* **Forgiving is not endorsing**
* **Pray for your enemies**