

The Lord's Prayer: "Our Father who is in heaven, hallowed be your name" **April 28, 2019 J.J. Miller preaching**

Read Matthew 6:9-13 together.

Context: What Jesus says about prayer before this...Matthew 6:5-8

What you are in private is what you really are.

Not who, but what. It's not an identity it's a description. *"I'm a Christian... but not a praying Christian."*

The heart of the matter is a matter of the heart.

Why pray at a restaurant if you don't pray at home?

It was not uncommon in Jesus' day to hear pagans pray long, drawn out, verbose prayers. As if there was a magic combination. Jesus tosses it all aside. He keeps it simple. It's as if he's telling us to forget all the things we thought we knew about how to talk to any god. Stop overcomplicating things...

Jesus is not telling us this IS the prayer. He is telling us that this is the FRAMEWORK for prayer.

The building of a set...

When do we pray?

There's a mess that needs cleaning up.

When there's a problem we don't have a solution to.

We need provision.

If I'm being real, I have to admit that all too often this is where I find myself. It's really easy to assume that us pastors aren't preaching this to ourselves. I need this today.

"Our Father..."

Why would Jesus call God "Father"? – Some say he's the reason we do. The saying goes all the way back to the Exodus. (Exodus 4:22)

The start of the prayer is a proclamation that God is the freer from bondage.

Much like God freed the Hebrews from slavery in Egypt, he frees us from the bondage of our sin.

"Our Father" is submission to the fact that there is one actively in our lives that knows better than we do. (Father knows best...) **It's the bold acknowledgement that we want to be a part of what God is doing in the world.**

Looking back on my childhood, when something needed to be done, when I needed to feel protected, when I wanted to learn something, I called for my daddy. He was the source of all knowledge and strength for me. It's clear this is exactly the view Jesus had of his Father, all the way up through Gethsemane. In two words it sums up the question we all really are asking, "Am I on the right track?"

Beginning this way is a simple reminder that there is someone bigger than us out there. We're really that not great or important.

In Heaven...

3 levels of heaven

3rd Heaven – God's place – 2 Corinthians 12

2nd Heaven – sun moon stars

1st Heaven – that atmosphere around us

God is as close as the air we breathe.

All the way back in Genesis, it's his breath that gave man life.

The spiritual act of breathing...

Practicing in college – Knofel Staton

Why Learning to Breathe May Be the Best Way to Pray – Relevant Magazine

Breath Prayer

-simple easy prayers said in time with how one breathes.

-it causes stillness, clarity, centeredness

A simple breath can serve as a reminder that God is not far off.

Hallowed by your name...

Holy. Set Apart.

Now we have found ourselves at lifestyle...

Are we practicing what we preach? Do we walk the walk?

Do we live our lives in full awareness of the holiness of God?

The priests of old, the ark...

If God is the freer of our chains and as close as the air we breathe, do we treat the space around us as holy?

I can't help but think that I would live my life very differently if every day I was made consciously aware of the fact that I'm nose to nose with God.

A Father that keeps us on track, is near, and is completely holy is one worth reaching out to daily, hourly, with every breath because of a heart that is right and a simple prayer that says it all. We need our daddy.

Each one of these phrases is a prayer you could pray each day. It can be built on. It's our prayer that as we look at this framework over the next 6 weeks that you will find the ability to look to God in every way as the giver of all that you need.