

# RHYTHMS

PRAY



Matthew 6 // Pastor Jason Uptmore



## MATTHEW 6:1-8

“Beware of practicing your righteousness before men to be noticed by them; otherwise you have no reward with your Father who is in heaven.” So when you give to the poor, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be honored by men. Truly I say to you, they have their reward in full. But when you give to the poor, do not let your left hand know what your right hand is doing, so that your giving will be in secret; and your Father who sees what is done in secret will reward you.



**"When you pray, you are not to be like the hypocrites; for they love to stand and pray in the synagogues and on the street corners so that they may be seen by men. Truly I say to you, they have their reward in full. But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you. "And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words. So do not be like them; for your Father knows what you need before you ask Him."**





## LUKE 11:1

“...while Jesus was praying in a certain place, after He had finished, one of His disciples said to Him, “Lord, teach us to pray...”





## MATTHEW 6:9-13

'Our Father who is in heaven,  
Hallowed be Your name.

'Your kingdom come.

Your will be done,

On earth as it is in heaven.

'Give us this day our daily bread.

'And forgive us our debts, as we also have  
forgiven our debtors.

'And do not lead us into temptation, but deliver  
us from evil.







**“Our Father who is in heaven,  
Hallowed be Your name.”**

- **Praise God that we get to call Him Father**
- **Praise God for who He is**
- **Proclaim His greatness and affirm His holiness**





**“Your kingdom come. Your will  
Be done, on earth as it is in heaven.”**

- **Pray for Jesus to return quickly**
- **Pray we would live faithfully as His representatives**
- **Pray His standards would reign supreme in us**
- **Pray and trust in God’s sovereignty**





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

- **Tell God about your needs**
- **Tell God about other's needs**
- **Trust God for His sovereign provision**





**“And forgive us our debts, as we  
Have also forgiven our debtors.”**

- **Confess your sins to God**
- **Ask God to help you repent**
- **Ask God to help you forgive those who have hurt you**







**“And do not lead us into temptation, But deliver us from evil.”**

- Ask God to help you overcome temptation**
- Ask God to give you strength to persevere through trials**
- Ask God to lead you towards life, blessing, & joy**



