

# DDS—Prayer—Lord’s Prayer—with Format (17) with Training

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#	<p><i>{For the Lord’s Prayer, which Jesus gave to us, see Matthew 6:5-13.}</i></p> <p><u><i>{Training Level:</i></u>  <i>Where there are italics and underlining, these are to be read for training.</i>  <i>For example, these lines may be used with a new person, or if reminders are needed.</i>  <i>The highlighted portions are to be used when there is no need for training.</i>  <i>In the highlighted portions there are, at times, words in parenthesis that need not be read.</i>  <i>Please note, some of the activities are optional depending on the availability of time and preferences.}</i></p>
0.0	<p><b>Welcome.</b>  <b>We begin with prayer.</b>  <b>Father, in the Name of Jesus, by You, Holy Spirit,</b>  <b>Please “Protect, Anoint, Inspire and Direct” (PAID) us in this time.</b></p> <p><u><i>{Training Level:</i></u>  <i>We use the Lord’s Prayer as a guide for our meeting.</i>  <i>We use it in this way because it’s the prayer that Jesus gave to His Disciples to teach us how to pray.</i>  <i>We take time with each phrase to deepen our understanding of its content.</i>  <i>We provide Scriptures, summarized, for each topic, with Biblical references.</i>  <i>These passages can be used by the individual for further, private review.}</i></p>
1.0	<p><b>Our Father</b></p> <p>1/Thank You, God, Our Father, that You have created, woven and know us [Psalm 139:13].  2/Thank You, Jesus, for reconciling us to Our Father [2 Corinthians 5:18].  3/We remember that You, Father, are Perfect Love [I John 4:8].  4/That You know what we need before we ask You [Matthew 6:8].  5/And that You want an abundant life for us [John 10:10b].</p>
1.1	<p><u><i>{Training Level:</i></u>  <i>The All Needs Met Commandments Training (A.C.T.) is simple, transformative, and easy to pass on to others.</i></p> <p><u><i>{Protected Speaking:</i></u>  <i>Interruptions can derail the speaker.</i>  <i>In Protected Speaking we do not interrupt the speaker with any comments or questions.</i>  <i>This allows the person to say all that he or she wants or needs to say.</i></p> <p><u><i>{My Story:</i></u>  <i>We also encourage the use of “My Story.”</i>  <i>In My Story we use “I” statements rather than “You,” or “We” statements.</i>  <i>The “I” pronoun helps us to keep the sharing personal, which best prepares us for transformation.</i></p> <p><u><i>{Timed Speaking:</i></u>  <i>We also use Timed Speaking.</i>  <i>To be sure that everyone has an equal opportunity to speak, we time the speaking.</i>  <i>A person need not use all of the allotted time, but we do ask that each person stay within the time limit.</i>  <i>We invite each person to time him or herself as this increases our sense of the lengths of time.}</i></p> <p><u><i>{Thanking the Person:</i></u>  <i>We invite each person to say, “Thank you,” after someone has shared.</i>  <i>This simple phrase indicates that we have heard and received what has been said.}</i></p>

<p>1.2</p>	<p><u>{Optional:}</u>  <i>At this time, we invite each person to update us on their Practices.</i></p> <p><u>{Training Level:}</u>  <i>Each participant in the ACT is invited to do the First Four Practices daily. These Practices are based on the instructions of Jesus, and Modules are available for further study. If these Practices are done well, the disciple is well positioned to become a True Follower of Jesus. If these Practices are done well, the disciple has an approach that can be easily passed on to others.}</i></p> <p><i>Are you doing the following each day?</i></p> <ol style="list-style-type: none"> <li>1. <i>Praying the Lord's Prayer Morning and Night</i> [Matthew 6:9-13]</li> <li>2. <i>Father Time—spending time with the Father</i> [Matthew 6:6]</li> <li>3. <i>Requests of 10 words or less—drafting clear requests and tracking answers</i> [Matthew 7:7]</li> <li>4. <i>Gospel Time—reading a chapter of the biographies of Jesus to study Him each day</i> [Matthew 28:20].</li> </ol> <p><i>We'll now take one silent minute to assess our Practices as we prepare to give an update.</i></p> <p><i>(After 1 minute:)</i></p> <p><i>At this time, anyone who would like to speak is invited to do so. We use Protected Speaking, My Story, Timed Speaking, and Thanking the Person. Please take up to 2 minutes, or less, to update us on your Practices. Please time yourself. Who would like to begin? Or _____ (name), would you please begin?</i></p> <p><i>(After everyone has had an opportunity to speak:)</i></p>
<p>1.3</p>	<p><u>{Optional:}</u>  <i>At this time, we invite each person to tell us what's up.</i></p> <p><u>{Training Level:}</u>  <i>Each person is welcome to speak about any one or any combination of the following:</i></p> <ol style="list-style-type: none"> <li>1. <i>Your week</i></li> <li>2. <i>Something that's on your mind</i></li> <li>3. <i>Some things that's in your heart</i></li> <li>4. <i>A praise report</i></li> <li>5. <i>A burden</i></li> <li>6. <i>A challenge</i></li> <li>7. <i>Your walk with God, Jesus, and the Holy Spirit</i></li> <li>8. <i>Your spiritual fitness</i></li> <li>9. <i>Your spiritual Practices</i></li> <li>10. <i>Your Mission or Ministry</i></li> <li>11. <i>An important project</i></li> <li>12. <i>A fun project, like improving in a sport.}</i></li> </ol> <p><i>We'll now take a silent minute to think about what we want to share.</i></p> <p><i>(After 1 minute:)</i></p> <p><i>At this time, anyone who would like to speak is invited to do so. We use Protected Speaking, My Story, Timed Speaking, and Thanking the Person. Each of us will have up to _____ (divide the time allotted by the number of participants) minutes. Please time yourself. Who would like to begin? Or _____ (name), would you please begin?</i></p> <p><i>(After everyone has had an opportunity to speak:)</i></p>

2.0	<p><i>Thank you, everyone. We'll now continue with the Lord's Prayer.</i></p> <p><b>Who art in Heaven</b></p> <p>1/Thank You, Father, for the assurance of Heaven because of what You, Jesus, provided [I John 5:13].  2/We ask that You help us to keep looking toward these eternal things [2 Corinthians 4:16-18].</p>
3.0	<p><b>Hallowed be Your Name</b></p> <p>1/We praise You, Father, Jesus and Holy Spirit.  2/Thank You, Father, for Life [Psalm 139:13].  3/Thank You, Jesus, for the New Life [2 Corinthians 5:17] we received as we A.B. and C:  As we:  <b>A</b>, Admitted sin, <b>B</b>, Believed in You, and <b>C</b>, Confessed You as Lord  [Matthew 4:17; Romans 10:8-10].</p> <p>4/Thank you, Holy Spirit, for Best Life,  For <b>D</b>, Discipling us, and so, transforming us with all Truth [John 16:13].</p>
4.0	<p><b>Your Kingdom come</b></p> <p>1/Thank You for delivering us out of darkness into the Kingdom of Your Beloved Son [Colossians 1:13].</p>
4.1	<p><i>At this time, we have a Bible Encounter (BE).</i></p> <p><i>{Training Level:  We may read a chapter of the Gospels or Scriptures on a topic.}</i></p> <p><i>We use the S.T.A.R.T. process to encounter the Bible. We:</i></p> <ol style="list-style-type: none"> <li>1. <i>S = Study Jesus—in the Gospel chapters, and throughout the Scriptures [John 5:39].</i></li> <li>2. <i>T = Translate into Practices—what He did, said, and said to do.</i></li> <li>3. <i>A = Assess Adherence—are we doing the Practices?</i></li> <li>4. <i>R = Repent—of our shortfalls, as we are told to do in James 5:16.</i></li> <li>5. <i>T = are Transformed—we ask God to heal and so, transform us, also in James 5:16.</i></li> </ol> <p><i>We'll now read the Scripture for today.</i></p> <p><i>(The Facilitator may assign others to read portions of the Scripture.)  (When the Scripture has been read:)</i></p> <p><i>Thank you, everyone. At this time, we reflect on the Scripture.  Father, in the Name of Jesus, by You, Holy Spirit, please use Your Word to train us.  Please help us use the S.T.A.R.T. process so that You may fully transform us.  Please help us to keep our reflection personal—"How does the Scripture relate to me?"  We'll now have a time of reflection for ___ (3 to 7) minutes to allow the Holy Spirit to teach and train us.</i></p> <p><i>(After the time of quiet:)</i></p> <p><i>At this time, everyone who would like to speak is invited to do so.  We use Protected Speaking, My Story, Timed Speaking, and Thanking the Person.  Please keep your share personal—"How does the Scripture relate to me?"  Each of us will have up to _____ (divide the time allotted by the number of participants) minutes.  Please time yourself.  Who would like to begin? Or _____ (name), would you please begin?</i></p> <p><i>(After everyone who wants to speak has done so:)</i></p> <p><i>Thank you, everyone.</i></p>

4.2	<p><u>{Optional:}</u>  <i>At this time, use the Practice of H.A.S.T.E.  God will heal our land if we H.A.S.T.E.—If we get right with God, God will make things right for us.</i></p> <p><u>{Training Level:</u>  <u>2 Chronicles 7:14 (NASB):</u>  <i>“...and My people who are called by My name humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”</i></p> <p><u>We H.A.S.T.E. (2 Chronicles 7:14):</u></p> <ol style="list-style-type: none"> <li>1. <u>Humble ourselves</u></li> <li>2. <u>Ask (Pray)</u></li> <li>3. <u>Seek His Face</u></li> <li>4. <u>Turn from our wicked ways, and</u></li> <li>5. <u>Expect that God will do what He says (heal our country, state, town...), IF we do what He asks.</u></li> </ol> <p><u>{Training Level:</u>  <u>James 5:16 (NASB):</u>  <i>“Therefore, confess your sins to one another, and pray for one another so that you may be healed...”</i></p> <p><u>We invite transformation and healing by using A.R.T. (from S.T.A.R.T.):</u></p> <ol style="list-style-type: none"> <li>1. <u>Asses ourselves for sin and Shortfalls</u></li> <li>2. <u>Repent of our Shortfalls, and</u></li> <li>3. <u>Transform—invite God to transform us by asking Him to heal us.</u></li> </ol> <p><i>At this time, we invite the Holy Spirit to minister to us.  Father, in the Name of Jesus, by You, Holy Spirit,  please bring to mind and heart anything from which we need to turn.  We'll take 2 silent minutes to listen to the Holy Spirit.</i></p> <p><i>(After 2 minutes:)</i></p> <p><u>{Training Level:</u>  <u>In James 5:16 we are instructed to confess one to another.</u>  <u>A group setting may not be appropriate for a confession of a sin or a Shortfall.</u>  <u>We provide this opportunity for those who are comfortable confessing to the group.</u>  <u>However, at this time, it is appropriate to pass, or to speak using My Story, but in general terms.</u>  <u>Please share according to the guidance of the Holy Spirit, and according to your comfort.</u></p> <p><i>At this time, anyone who would like to speak is invited to do so.  We use Protected Speaking, My Story, Timed Speaking, and Thanking the Person.  Each person will have up to 2 minutes.  Please time yourself.  Who would like to begin? Or _____ (name), would you please begin?</i></p> <p><i>(After everyone has had an opportunity to speak:)</i></p>
5.0	<p><i>We'll now continue with the Lord's Prayer.</i></p> <p><u>{Training Level:</u>  <u>Sections 5, 6, and 7 provide opportunities to draft Prayer Requests.</u>  <u>We'll pray through each portion to see what type of Request we might consider.</u>  <u>We'll then have an opportunity to draft and share our Requests.</u>  <u>Of note, Jesus said to two blind men, “What do you wish me to do for you?” [Matthew 20:32]}</u></p> <p><b><u>Your Will be done on earth as it is in Heaven</u></b>  1/<u>Father, please help us to choose Your Will, as Jesus did in Gethsemane, and to do it [Matthew 26:36-44].</u></p>

	<p><i>{Training Level:</i>  <i>In this portion of the prayer, we are inviting God’s Will to be done.</i>  <i>We might consider if we are doing God’s Will, especially in the areas of Mission and Ministry.</i>  <i>We might consider what we want Jesus to do for us in the areas of Mission and Ministry.}</i></p>
6.0	<p><b>Give us this day our daily bread</b>  1/Thank You, Father, that You know what we need before we ask You [Matthew 6:8].  2/Thank You for training us to ask, even though You already know what we need [James 4:2].</p> <p><i>{Training Level:</i>  <i>In this portion, we’re asking that our daily needs be met.</i>  <i>We might consider Requests about our personal needs or the needs of others.}</i></p>
7.0	<p><b>And forgive us our trespasses as we forgive those who trespass against us</b>  1/We read that we must forgive in order to be forgiven [Matthew 6:15-16].  2/Father, please help us recognize any unforgiveness or sin in us [Psalm 139:23-24].  3/Please help us confess our shortfalls to each other, and to pray to receive Your healing [James 5:16].</p> <p><i>{Training Level:</i>  <i>In this portion we’re asking to be forgiven as we have forgiven.</i>  <i>We might consider any unforgiveness we may have.</i>  <i>We might also consider our own Shortfalls, that for which we need forgiveness.</i>  <i>Perhaps, something that needs confession has come forward in today’s reading.</i>  <i>We might consider confessing the Shortfall, as we are comfortable, and praying for the healing of it.}</i></p>
7.1	<p><i>{Training Level</i>  <i>During this time, please draft Requests of 10 words or less (see the Module on this Practice).</i>  <i>We find that many Requests can be prayed in a few minutes if we take the time to draft them.</i>  <i>These Requests can be for anything; requests are not limited to the areas above—</i>  <i>Mission and Ministry, personal needs, forgiving others and Shortfalls.}</i></p> <p><b>We’ll now be silent for two minutes to draft our Requests.</b></p> <p><i>(After two minutes of silence:)</i>  <b>At this time, everyone who would like to pray is invited to do so.</b>  <b>We use Protected Speaking, My Story, Timed Speaking, and Thanking the Person.</b>  <b>Each person will have up to 2 minutes.</b>  <b>Please time yourself.</b>  <b>Who would like to begin? Or _____ (name), would you please begin?</b>  <i>(After everyone has had an opportunity to pray:)</i></p>
8.0	<p><b>In conclusion...</b>  <b>And lead us not into temptation</b>  1/Father, please keep us from false gods and damaging ways [1 Corinthians 10:13].  2/Father, please guide us in the paths of righteousness in all areas [Psalm 23:3].</p>
9.0	<p><b>But deliver us from evil and the evil one</b>  1/Father, please protect us from all evil [Psalm 121:7].</p>
10.0	<p>1/We Praise Your majesty, Father, Jesus, and Holy Spirit... [Psalm 8].  <b>For Yours is the Kingdom and the Power and the Glory now and forever.</b></p> <p><b>And everyone said, “Amen.”</b></p>