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In this study we are going to look at how we should pray. To do so, we are going to work off of what I see as the "template" for a proper prayer, which was given to us by Jesus Christ.

This study is going to be taken from the Sermon on the Mount. We will begin by reading 3 Nephi 5:97-100.

This scripture is really a continuation of the running thought that Christ was bringing forward about not following God's commandments to be seen of men. The statement is made several times that when we do things to be seen of men, we have our reward. That reward is just that, being seen of men. God doesn't accept a gift, offering or prayer which is done with the intention of being lifted up or recognized by men. Our relationship with God and Christ is to be a deeply personal one, driven by the desire for acceptance by God, and not by man. In all reality, a true and strong relationship with God will often result in being looked down on by the world. \_\_\_\_\_

Verse 97 talks about not praying on the street corners to be seen of men. I link this verse directly with verse 99. Our prayer to the Father is not to be seen of men and we are not to use vain repetitions. Let's look at this phrase "vain repetitions".

Strong's concordance uses one definition for vain repetitions, Strong's 945-from Battos (a proverbial stammerer) and 3056: to stutter i.e. (by implication) to prate tediously. Prate, as defined means- to talk excessively and pointlessly; babble, to utter in empty or foolish talk. Luke 18:9-14, 3 Nephi 9:24, We pray several things in the scriptures in the same manner, sacrament, baptism.

Likewise, we should not pray repetitiously. That is, we should not be praying "canned prayers". We all may get into the habit of praying the same prayer over and over again. Our prayer is supposed to be heartfelt and earnest. Moroni 7:8,53. \_\_\_\_\_

Verse 100 states that God knows what we have need of before we ask. Let's remember that our God knows every part of us and our lives. There is nothing He does not see or know. He does, however, want us to ask Him for those things. Our Lord wants us to acknowledge Him, what He does and is capable of. \_\_\_\_\_ Romans 8:26-27

Christ then goes into the Lord's Prayer, which I feel is a template for how we should pray.

There is one point that is very important to discuss, which is that our prayers are to the Father in the name of Christ. As we read and break down the Lord's Prayer, we will notice that at the end, Christ simply says Amen, rather than ending it as we are used to praying, by saying something along the lines of "in Jesus' name, Amen". This is appropriate because He himself is praying to the Father, however we are told in John 16:23. **And in that day ye shall ask me nothing. Verily, verily, I say unto you, Whatsoever ye ask the Father in my name, he will give it you.** 24. **Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.** Christ was going to be crucified and then ascend to heaven, and then would become our advocate to the Father, 1 John 2:1-2. Christ commands us to pray to the Father in His (Christ's) name in 3 Nephi 8:51-52, and several other places in the Bible and Book of Mormon. \_\_\_\_\_

I am going to use the Lord's Prayer found in Matthew 6.

Matthew 6: 9. **After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.** 10. **Thy kingdom come. Thy will be done in earth, as it is in heaven.** 11. **Give us this day our daily bread.** 12. **And forgive us our debts, as we forgive our debtors.** 13. **And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, forever. Amen.**

6:9. **After this manner therefore pray ye: Our Father which art in heaven**

- We are to pray to the God the Father. Throughout Christ's time here on earth He addressed this several times, John 16:23, Matthew 6:6 (also 3 Nephi 5:98), 3 Nephi 8:51, 54. \_\_\_\_\_

**Hallowed be thy name.**

- The name of God is holy, sacred and precious. Hallow- to honor as holy; consider sacred; venerate. When we speak the name of God, it should always be in reverence and sincerity, like some rare and precious thing that we take great for. We read in the 10 commandments that we are not to take the Lord's name in vain, Exodus 20:7- Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain. God expects that we show Him the honor and respect due to the one who created our Savior Jesus Christ. So when we pray, we should be sure that we pray to the Father in reverence, hallowing and showing admiration, awe, love etc. for God. \_\_\_\_\_

10. **Thy kingdom come.**

- We must pray that the Kingdom of God be built upon the earth. In all reality, this is for God to do, however, we have a part in that. We must pray that the work of the gospel continue to be spread throughout this world, praying for those who are

endeavoring to spread the gospel. We must pray for those who do not know God, Alma 4:6. We are stewards of this gospel of the kingdom and are commanded to spread it, Matthew 28:19, Acts 1:8, 3 Nephi 5:61-63, 8:55-57. \_\_\_\_\_

Thy will be done in earth, as it is in heaven.

-We must pray, desire and seek that God's will, which is perfect, be done continually, as it is in heaven. We need to understand that acknowledge before God that we know He is all powerful, all knowing, all capable, understanding with an ability that is beyond ours, Isaiah 55:8-11. So often we ask of God, already having an answer in mind. We have to pray for and be open to what God wants, as only He knows what is best. \_\_\_\_\_

11. Give us this day our daily bread.

-We need to pray that God will attend to and provide for our daily needs, whether physical or spiritual, Alma 16:219-222. Bread is what sustains a person, and so we should pray that God will bless us in what we do to sustain ourselves, work, relationships, family etc., John 6:31-36, 48-51 Christ also is our bread of life, in Him we are filled and given eternal life \_\_\_\_\_

12. And forgive us our debts,

-We are sinners. Romans 3:23-For all have sinned and come short of the glory of God. This is why we needed Christ, and His atonement for sin. Through Him, we receive forgiveness. Romans 6:23- For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord. Forgiveness is a gift from God, a way to be free from sin and brought back into His presence. It is important that we are looking at our lives and addressing (recognizing, repenting and changing) those sins which are within us. \_\_\_\_\_

\*\*\*\*as we forgive our debtors.

-Part of being forgiven of our sins by God is the responsibility of forgiving others, 3 Nephi 5:107, Mosiah 11:137-140, Luke 17:3-4. In doing God's will, praying for the one who offended, we can forgive and forget. God may not ever forget, scripture says that the smoke from hell ascends to Him forever, may not ever be forgotten by Him. God's spirit can hold back those emotions from that offense. Reconcile. These are mistakes that we can learn from, and be reminded of our successes and failures. The thought of something being cast into the depths of the sea does not mean it ceases to exist, just that it is very hard to bring up again from the depths.

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13. And lead us not into temptation,

-We must pray that God will strengthen us from the temptations of the devil, 1 Corinthians 10:12-13. 3 Nephi 8:50-51, Alma 16:219. If we do not recognize that we are weak, we will not ask for strength from. James 1:13-15, Psalm 95:8-10-the days of your temptation\_\_\_\_\_

\*\*\*\*\*but deliver us from evil:

-Evil cannot exist in the presence of God. We read that when Christ had fasted 40 days and was tempted of Satan, that Christ commanded him to leave, and Satan could not stay, Matthew 4:8-11. Demons who had entered people feared Christ, who was able to make them flee, Mark 9:20-27. We must pray that God will strengthen and protect us from evil, that His spirit will abide with us. In the garden the tree wasn't what tempted Adam and Eve, it was Satan. There are evil forces which can tempt us.\_\_\_\_\_

For thine is the kingdom,

-We are working towards and should desire the Kingdom of God. We must acknowledge that we seek what God has prepared for those who endure to the end. We must also understand that it is His to give, and He has prepared a way to receive it, Revelation 3:20-21. Remember also that eternal life is a gift, Luke 12:32. This is the reason that we pray this prayer, because this gift is God's to give, so we must do these things that we pray in this prayer.\_\_\_\_\_

and the power,

-As we pray, let's remember that God has all power, able to do all we ask and far beyond what we could imagine. As we read about creation, we are able to get a glimpse of the power of our God, Genesis 1:3- And God said, Let there be light; and there was light. In a word, all things were created. Throughout the story of creation, God commands something to happen, and it was so. We serve a powerful and loving God. When we pray, we should acknowledge His power. Mosiah 2:13-15, God speaks by His word, this is how He transmits His will, His power, His thought. Everything He does is verbalized. The root word of speak in Hebrew is to create\_\_\_\_\_

and the glory,

-Glory- something that is a source of honor, fame, or admiration; a distinguished ornament or an object of pride. We must show glory to God, profess to Him our admiration, our pride, Psalm 8:1-9. God's glory is so wondrous that it is able to erase all things that we as humans struggle with.\_\_\_\_\_

\*\*\*\*\*forever.

-Psalm 45:6. Thy throne, O God, is forever and ever; the scepter of thy kingdom is a right scepter. God is everlasting, from all eternity to all eternity. We read in Revelation 21:3-7, 22:1-5 about the conditions that God has prepared for His servants as they dwell with Him forever with his Son. Our God is not an image made of stone or wood, but a living being, having been forever, and will be forever.\_\_\_\_\_

Amen.

-The meaning on the word amen is So be it. It is a word that was unchanged from Hebrew to Greek, Greek into Latin and then Latin into English. It is very close and directly related to the word Amam in Hebrew, which means believe, or faithful. We end our prayers with this word, which really means that, faithfully. We pray for things to the Father and it must be faithfully, believing that it can be done.\_\_\_\_\_