

ALPHA STRENGTH HOLY TRUTH CONFIDENCE PATIENT ANGER  
KIND FATHER TEACHER COMPASSIONATE MAJESTY RESTORER  
LENT 2015 G COUNSELOR ALL-ABLE FAITHFUL  
GLORY EVERLASTING LIFE DEFENDER  
REFUGE KING CREATOR PEACE SON ALL-KNOWING SHELTER  
CLEANSING GRACIOUS FAITHFUL  
SHEPHERD TEACHER  
SOVEREIGN FORTRESS  
STRENGTH PERFECT  
MASTER BREAD LIBERTY GIVER UNDERSTANDING FIRE REFUGE  
RIGHTEOUSNESS STABLE GREATEUR TRUTH PATIENT ANGER  
KEEPER HOPE JOY LORD MIGHTY PATIENT ANGER  
CONFIDENCE KING HEAD ALL-PLEASANT GENTLE GLORY HEROICUL  
PEACE PERFECT LIVING SATISFACTION JOY DEFENDER GRACE

A  
simple  
way  
to  
pray





## PRAYER

### Pray this prayer:

Heavenly Father, I am not worthy to pray to you. But you have commanded us to pray and you have promised to hear us. Through your dear Son you have also taught us how and what to pray. So I come obeying your command and relying on your loving promise. I pray in the name of my Lord Jesus Christ with all your people on earth as he has taught us;

### Pray the Lord's Prayer: *(try to pray it out loud from memory)*

Our Father in heaven, hallowed be your name,  
 your kingdom come, your will be done, on earth as in heaven.  
 Give us today our daily bread.  
 Forgive us our sins as we forgive those who sin against us.  
 Lead us not into temptation, but deliver us from evil.  
 For the kingdom, the power, and the glory are yours  
 now and forever. Amen.

*Then repeat each line of the Lord's Prayer in your own words:*

e.g. **Our Father in heaven:**

"Yes, Lord, you are my heavenly Father who loves me and I thank you for that ..."

**Hallowed be your name:**

"Yes, Lord, your name is holy and I ask you to help me keep your name holy today as I pray, work, converse with people ..."

### Speak the 10 Commandments in this way:

† *You could do this same thing with the 10 Commandments — or any part of the Small Catechism ...*

† *You could move between parts of the Small Catechism to vary things or adjust to the time you have on any given day...*

### A Physical Gesture:

End with making the sign of the cross on your forehead or chest (or both) and pray:

### A Prayer for God's blessing in our day/sleep:

Lord, bless me and keep me this day/night in your care, and help me to know you more fully. Amen.

## A Simple Way to Pray this Lent

*Morning and Evening in the same quiet place alone.*

The following little way to pray comes from Martin Luther.

This way to pray was given to Luther's friend and barber, Peter Beskendorf, to whom Luther would regularly go for a haircut. Peter was a man with serious issues in his life. He battled the bottle, committed a serious crime, and yet was a regular seeker and worshipper of God.

One day in the barbershop, Peter asked Luther how he could pray. Luther responded by giving him his own daily prayer practise. This "Simple Way to Pray" has become Luther's most well known and appreciated words of prayer.

*It is a habit that requires a discipline.* He suggests praying in the morning and in the evening. Luther is aware that it is often difficult to pray and that sometimes we pray without much feeling. Prayer is commended by Jesus, and so we must pray whether we feel anything or not. On the other hand, he suggests ways to warm the heart and engage the affections for prayer so that our praying is more than "cool or joyless".

*The way to warm the heart in preparation for prayer* is what he calls "recitation" - speaking words of scripture and catechism or even songs to warm the heart. This is not Bible study but a stirring of the heart with scripture.

So, this is a St Petri 2015 version of Luther's Simple Way to Pray. **The hope is that we grow together in prayer as a warm and joy-filled response to Jesus' command to pray for everything and everyone.**

*Life is busy at times.* All of this simple way to pray is optional depending on the time you have on any given day. But as Luther said to Peter, "Guard yourselves against those false, deluding ideas which tell you, 'Wait a little while. I will pray in an hour; first I must attend to this or that.'"

### PRAYER FROM THE HEART

*As you are praying in this way, you may sense that a more spontaneous kind of prayer arises in the heart that comes from the scripture you are praying through. Let this happen.*

*This way of praying forces off the theoretical plane and helps you consider and experience what the Word is actually doing to you. It often leads you to praise God, repent of sin and receive forgiveness, and inspire you to live your day differently than you may have.*

### LESS DISTRACTION

*This Simple Way to Pray addresses the great problem we have in prayer—distracting thoughts! It fills our heads and hearts with the Lord’s Word so we can converse with him in a way by which the Holy Spirit proclaims God’s Word to us and helps us respond to God’s Word in a Godly, spirit-filled way.*

### OUT LOUD

*You will notice that there is the suggestion that you speak out loud to yourself in this way to pray. This is a well-worn practise by which we hear the Word as we read the Word; engaging two senses in this way to pray.*

## WARMING UP THE HEART

- † Speak the **Apostle’s Creed** quietly, out loud.
- † Speak our **Home text** out loud: (or a text from Sunday’s Worship Service)

### EPHESIANS 1:17-23 (NIV)

*<sup>17</sup> I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. <sup>18</sup> I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, <sup>19</sup> and his incomparably great power for us who believe. That power is the same as the mighty strength <sup>20</sup> he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, <sup>21</sup> far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. <sup>22</sup> And God placed all things under his feet and appointed him to be head over everything for the church, <sup>23</sup> which is his body, the fullness of him who fills everything in every way.*

- † Reflect on this text for your day (ICTS)

**Instruction:** What does it instruct you in—about God, about your life?

**Confession** What sin does it uncover?

What sin needs Confessing? Speak that.

**Thanks** What cause for Thanksgiving to God comes from this word?

**Supplication** Ask God for what you need as a result of hearing this word.

- † Speak a **Psalm** out loud:

**Psalm 23, 121, 130, 22**, or another of your choosing from Sunday worship, or one of your favourites ...