

Start With God: Rediscovering Your Heavenly Father!
PRAY! How to Talk to God When You Don't Know What to Say! Pt. 1
Matthew 6:9-13
Sunday, January 4, 2026

Matthew 6:9, “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. **11** Give us today our daily bread. **12** And forgive us our debts, as we also have forgiven our debtors. **13** And lead us not into temptation, but deliver us from the evil one.”

Luke 11:1, One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray...”

Luke 11:2, He said to them, “When you pray, say: “Father, hallowed be your name, your kingdom come. **3** Give us each day our daily bread. **4** Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.”

Matthew 6:1, “Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven. **2** “So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full.”

Matthew 6:5, “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.”

Matthew 6:7, And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

Luke 15:21, “The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’ **22** “But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet.’”

How to Pray When You Feel Far Away from God:

Matthew 6:9, “This, then, is how you should pray: “Our Father in heaven, hallowed be your name...”

1. Prayer Begins With Relationship, Not RITUAL

Matthew 6:9, “This, then, is how you should pray: “Our Father...”

Romans 8:15, The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.”

Galatians 4:6, Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, “Abba, Father.”

Mark 14:36, “Abba, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”

2. Prayer Reminds Us Who God Is — And Who We Are NOT

Matthew 6:9, “This, then, is how you should pray: “Our Father in heaven...”

Psalm 103:19, The LORD has established his throne in heaven, and his kingdom rules over all.

Isaiah 66:1, ... “Heaven is my throne, and the earth is my footstool...”

1 Kings 8:27, “But will God really dwell on earth? The heavens, even the highest heaven, cannot contain you. How much less this temple I have built! **28** Yet give attention to your servant’s prayer and his plea for mercy, LORD my God. Hear the cry and the prayer that your servant is praying in your presence this day. **29** May your eyes be open toward this temple night and day, this place of which you said, ‘My Name shall be there,’ so that you will hear the prayer your servant prays toward this place. **30** Hear the supplication of your servant and of your people Israel when they pray toward this place. Hear from heaven, your dwelling place, and when you hear, forgive.”

3. Prayer Reorients Our Hearts Before It Requests God’s HELP

Matthew 6:9, “This, then, is how you should pray: “Our Father in heaven, hallowed be your name,”

Psalm 34:3, Glorify the LORD with me; let us exalt his name together.

Isaiah 8:13, The LORD Almighty is the one you are to regard as holy...

Isaiah 6:1, In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple. **2** Above him were seraphim, each with six wings: With two wings they covered their faces, with two they covered their feet, and with two they were flying. **3** And they were calling to one another: “Holy, holy, holy is the LORD Almighty; the whole earth is full of his glory.” **4** At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke. **5** “Woe to me!” I cried. “I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the LORD Almighty.” **6** Then one of the seraphim flew to me with a live coal in his hand, which he had taken with tongs from the altar. **7** With it he touched my mouth and said, “See, this has

touched your lips; your guilt is taken away and your sin atoned for.” **8** Then I heard the voice of the Lord saying, “Whom shall I send? And who will go for us?” And I said, “Here am I. Send me!”

4. Prayer Reconnects Us When Sin Has Created DISTANCE

Psalm 103:12, as far as the east is from the west, so far has he removed our transgressions from us.

Hebrews 4:16, Let us then approach God’s throne of grace with confidence...