

OML
OG

2ND MILE PRAYER

GO
TWO

M A T T H E W 6 : 5 - 1 3

“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. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

Do not be like them, for your Father knows what you need before you ask him. This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

LUKE 11:1-2

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.”

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TAKE NOTE

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CONTEXT: One day ... in a certain place.

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CONVERSATION: Lord, teach us to pray.

COMPARISON: Just as John taught his disciples.

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P S A L M 55:17

**Evening, morning and noon I cry out in distress, and he
hears my voice.**

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ACTS 3:1

**One day Peter and John were going up to the temple
at the time of prayer—at three in the afternoon.**

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EXCERPT FROM THE DIDACHE

But let not your fasts be with the hypocrites, for they fast on the second and fifth day of the week. Rather, fast on the fourth day and the Preparation (Friday). Do not pray like the hypocrites, but rather as the Lord commanded in His Gospel, like this: Our Father who art in heaven Pray this three times each day.

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Rhythm

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MATTHEW 6:7-9

**And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.
“This, then, is how you should pray:**

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Revelation

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Luke established the Lord's prayer
as a prayer to be **repeated**.

Matthew establishes the Lord's
prayer as a prayer to be **followed**.

MATTHEW 10:19-20

But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say, for it will not be you speaking, but the Spirit of your Father speaking through you.

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EPHESIANS 6:18

And pray in the Spirit on all occasions and with all kinds of prayers and requests.

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Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven.

Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

For thine is the kingdom, The power, and the glory, For ever and ever. Amen.