

Hand Illustration for Jesus' Model Prayer

Palm: Relationship, Our Father (Time Alone with God)



“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.” (Matthew 6:6)

As the palm is the foundation for fingers and thumb, time alone with God is the foundation for our personal relationship with Him (Matthew 6:6). We acknowledge the relationship—“Our Father” (Matthew 6:9).

Thumb: Worship/Hallow His Name



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

Our thumb reminds us that we must worship God before asking for anything. We “hallow His name” (Matthew 6:9).

First Finger: Surrender



“Your kingdom come, Your will be done, on earth as it is in heaven.” (Matthew 6:10)

Next we surrender our lives—“Your kingdom come, Your will be done” (Matthew 6:10).

Second Finger: Ask



“Give us today our daily bread.” (Matthew 6:11)

Then we ask God to meet our needs— “Give us this day our daily bread” (Matthew 6:11).

Third Finger: Confess, Forgive



“Forgive us our debts (sins), as we also have forgiven our debtors (those who sin against us).” (Matthew 6:12-13)

Now we confess our sins— “Forgive us.” (Matthew 6:12).

Fourth finger: Protect



And lead us not into temptation, but deliver us from the evil one.” (Matthew 6:13)

Then we seek protection— “Deliver us from the evil one” (Matthew 6:13). . . .

Thumb: Worship/Hallow His Name



For Yours is the kingdom, and the power, and the glory for ever, amen. (Matthew 6:13)

We return again to worship, with our focus on God: “Yours is the kingdom, and the power, and the glory for ever, amen.” (Matthew 6:13)