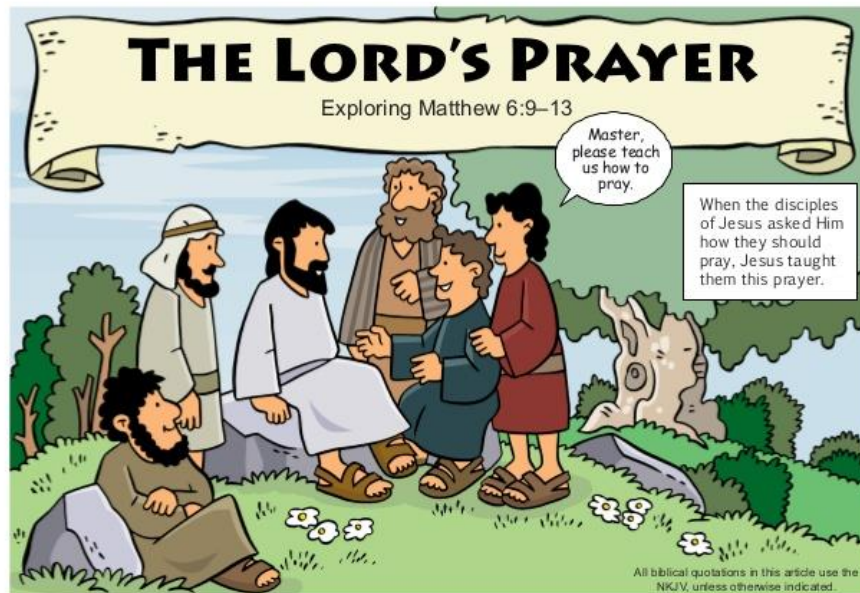


Teach Us to Pray



When do you pray? Do you pray before you eat a meal, or before you go to bed? Do you pray other times? Do you think it's easy to pray, or hard?

The Apostle Paul writes in the book of Romans that “we do not know how to pray as we ought.” That means that we don't always know how to pray and we should, because prayer is important. But fortunately the Holy Spirit helps us!

Praying isn't easy for everyone--Even pastors sometimes struggle with prayers! Jesus' disciples needed a little help with knowing how to pray, so Jesus taught them. The prayer that Jesus taught the disciples became known as the “Lord's Prayer.”

Jesus starts out by saying that people shouldn't think that they need to show off when they pray by praying in public or using big fancy words. A prayer can be quite simple, and it's really your conversation with God.

Martin Luther thought that knowing the Lord's Prayer was so important, that he included it in the Small Catechism, so people would learn it at home, and not just in church. This Lent we're going to talk about the Lord's Prayer, what it means, and why it's a good prayer to use—especially when you may not know who or what to pray for, or how to pray.