



LISTENING GUIDE

Teach Us to Pray

Six Prayer Postures That Align Our Lives with God

Text: Matthew 6:9–13

Occasion: Launch of 21 Days of Prayer

BIG IDEA

**Prayer is not how we get God to bless our plans—
prayer is how God aligns our lives with His will.**

READ THE TEXT

Matthew 6:9–13

Prayer works from the inside out.

- Alignment before asking
- Surrender before supply

THE SIX PRAYER POSTURES

1. RELATIONSHIP

“Our Father in heaven”

Prayer begins with identity and belonging.

Key Thought:

Access comes from relationship, not performance.

Reflection:

- Where do I approach God more like an employee than a child?
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2. REVERENCE

“Hallowed be Your name”

Prayer reorders what I treat as ultimate.

Key Thought:

What I revere controls what I pursue.

Reflection:

- What has subtly taken center stage over God in my life?
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3. SURRENDER

“Your kingdom come, Your will be done”

The hinge of prayer.

Key Thought:

Prayer isn't getting God to join my plans—
it's yielding my plans to God's purposes.

Reflection:

- What am I holding onto that God may be asking me to release?
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4. DEPENDENCE

“Give us this day our daily bread”

Prayer trains daily trust.

Key Thought:

Dependence doesn't remove responsibility—it reshapes it.

Reflection:

- Where am I trying to control what God wants me to trust Him for?
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5. INNER HEALING

“Forgive us... as we forgive...”

Prayer invites God to heal the heart.

Key Thought:

Unforgiveness hardens the soul. Prayer softens it.

Reflection:

- Is there forgiveness God wants to bring into my life—
or through my life?

6. SPIRITUAL READINESS

“Lead us not into temptation...”

Prayer prepares us before the pressure hits.

Key Thought:

Prayer doesn't remove the battle—it strengthens the believer.

Reflection:

- Where do I need God's strength before temptation arises?

INVITATION: 21 DAYS OF PRAYER

This will cost you:

- Time
- Attention
- Comfort

This will give you:

- Clarity
- Alignment
- Intimacy with God

That's a trade worth making.

DAILY SUPPORT

- Short 3–5 minute video devotion
- Three focused prayer prompts
- Simple. Consistent. Grace-filled.

**Consistency matters more than intensity.
Miss a day? Come back the next day.**

FINAL DECLARATION

*We're choosing alignment over autopilot,
presence over pressure,
and intimacy over religious routine.*
