T TRUTHSTRAND

COMPANION GUIDE

FIRST STEPS · PART ONE

How Do I Begin Praying?

"Lord, teach us to pray."

LUKE 11:1

Jesus Gave a Pattern, Not a Script

When the disciples asked Jesus to teach them to pray, He did not give them a feeling to pursue. He gave them a structure — what we call the Lord's Prayer — not to recite but to follow. Each phrase is a room to enter: God's character, His kingdom, daily dependence, forgiveness given and received, deliverance from evil.

> KEY INSIGHT
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> *Prayer begins with God, not with your need. The Lord's Prayer opens with "Our Father, hallowed be Thy name" — not with a request, not with guilt, not with a to-do list for God. Starting with who He is reorders everything that follows.*

The ACTS Framework

When you do not know how to begin, this structure gives you four directions to move:

ADORATION A Begin with who God is. Praise Him not for what He has done, but for who He is.	CONFESSION C Name what is between you and God. Not to earn forgiveness — to receive what is already offered.
THANKSGIVING T Specific gratitude — not "thank You for everything," but naming the things God has actually done.	SUPPLICATION S Bring your requests. For yourself and for others. God invites this — "ask, and it shall be given."

Jesus said not to use vain repetitions — "as the heathen do." What does your prayer life actually look like? What patterns do you repeat without thinking?

Nehemiah prayed in a moment of crisis — a quick, silent prayer before answering a king. Have you ever prayed that way? What does that kind of prayer reveal about the nature of prayer?

Father,

I do not always know how to come to You. I come anyway — not because I have the right words, but because You told me to come.

Teach me what the disciples asked You to teach them. Not just the form of prayer, but the posture — a heart that looks to You first, that names You before naming my needs, that trusts You with what I cannot see or control.

Where I have treated prayer as a duty, make it a conversation. Where I have made it about my list, turn my eyes first to who You are. Where I have stopped coming because I felt unworthy, remind me that the welcome was never based on my worthiness.

Hallowed be Thy name. Thy kingdom come. Thy will be done — in me, today.

AMEN.

WRITE YOUR OWN PRAYER

THIS WEEK

1. **Start with one minute.** Before you rise or before you sleep — one minute of Adoration only. No requests. Just name who God is.
2. **Pray the Lord's Prayer slowly.** Read Matthew 6:9–13 and stop at each phrase. Ask what that phrase is inviting you to do or believe.
3. **Try ACTS once.** Spend 10 minutes moving through all four. Write one line for each section before you speak it aloud.